



TROPICAL GOODS

We spray our products with 100% RSPO palm oil, before they are air fried in the convection ovens. This helps us reduce the amount of oil dumped by 95% percent, and the product contains less fat for you to enjoy.

Product Information

Product	Frozen Plantain Tostones
Ingredients	Green Plantains, Palm oil
Allergens	None
Claims	100% Natural, gluten free, airfried
Intended Use	Ready to heat and serve
Shelf Life	Best By date 2 year from production
Storage Conditions	0 F (-18 C)
Country of Origin	Nicaragua
Availability	Year Round

Package Information

Case Pack	12 x 2lb bags
Net weight	24 lb
Approximate units per bag	25-35
Approximate unit weight	1 oz
Bag dimensions	7.9 x 11.8"
Case dimensions	19.7 x 11.8 x 7.1"
UPC-14	17433200806002
UPC-12	7433200806005

Pallet Information

Cube	0.91
Tl/Hi	8 base x 12 high
Pallet size	96 cases



Nutritional Information

Nutrition Facts

9 servings per container	
Serving size	(100g)
Amount Per Serving	
Calories	190
	<small>% Daily Value*</small>
Total Fat 2g	3%
Saturated Fat 0.4g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 42g	15%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0.85mcg	4%
Calcium 4.2mg	0%
Iron 0.61mg	4%
Potassium 523mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking instructions



Air Fryer

Spray basket with oil of your choice
Pour up to 1lb of Latintude tostones
Cook at 400 f or 200c for 15-20 min
Add salt to taste



Deep Fry

Preheat oil at 350f or 180c
Cook for 3 to 4 minutes
Add salt to taste



Oven

Preheat oven to 425f or 220 c
Cook for 20 min
Add salt to taste

For best results cook frozen.
Cooking time may vary.

Grown and Processed by Agrofood S.A

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