

## TECHNICAL SHEET

|                                                       |                                                                                                                                                                          |
|-------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>NAME OF PRODUCT</b>                                | <b>GREEN TOSTON / TOSTON VERDE “Jumbo”</b>                                                                                                                               |
| <b>GENERAL DESCRIPTION</b>                            | Product elaborated from green plantain, washed, peeled cut, pre-fried, molded, frozen and packed                                                                         |
| <b>IDENTIFICATION OF LOT NUMBER</b>                   | Ex: GR01NLS011219. (GR=Product type, 01N=Product code, LS=Distributor Name, 01=Day of Manufacture, 12=Month of Manufacture, 19=Year of Manufacture)                      |
| <b>ORGANOLEPTIC CHARACTERISTICS</b>                   | <ul style="list-style-type: none"> <li>• Appearance: Round and Oval</li> <li>• Yellow color</li> <li>• Odor: Characteristic</li> <li>• Flavor: Characteristic</li> </ul> |
| <b>PRODUCT WEIGHT</b>                                 | 180 grams aprox                                                                                                                                                          |
| <b>PRODUCT SIZE</b>                                   | 180 grs: Diameter (inches): 8min - 10 max                                                                                                                                |
| <b>PACK SIZE</b>                                      | 4x4,5 pounds Low density Polyethylene plastic bags<br>6x3 pounds Low density Polyethylene plastic bags                                                                   |
| <b>BRAND</b>                                          | None                                                                                                                                                                     |
| <b>PALLET TI-HI</b>                                   | Ti:10 Hi:10                                                                                                                                                              |
| <b>UPC CODE</b>                                       | XXXXXXXX                                                                                                                                                                 |
| <b>GROSS AND NET CASE WEIGHT</b>                      | 20.26 pounds / 18 pounds                                                                                                                                                 |
| <b>CASE LENGHT, WITH, HEIGHT</b>                      | 468 mm / 238 mm / 201 mm                                                                                                                                                 |
| <b>TOTAL SHELF LIFE</b>                               | 12 months stored at -18°C                                                                                                                                                |
| <b>GUARANTEED REMAINNG SHELF LIFE UPON DELIVER TO</b> | 12 Months                                                                                                                                                                |
| <b>MINIMUM ORDER SIZE</b>                             | 2000 cases combined with other reference with same box specifications/dimensions                                                                                         |
| <b>LEAD TIME FROM DATE OF ORDER TO DELIVERY</b>       | 45 DAYS                                                                                                                                                                  |
| <b>OBSERVATIONS</b>                                   | Product to be sold by distributor to whosale market                                                                                                                      |

PLANTAINS S.A.S

|                       |                       |                           |                |
|-----------------------|-----------------------|---------------------------|----------------|
| <b>Created By</b>     | <b>Creation Date:</b> | <b>Modification Date:</b> | <b>Version</b> |
| Santiago Alviar Henao | December 01/2019      | December 15/2019          | 2.0            |

Dirección: Carrera 9 A # 12 A – 18  
 Tel: +57 (6) 840 4824 / +57 3015195505  
 Email: gerencia@gaiaplantains.com  
 Chinchiná, Caldas, Colombia

## Nutrition Facts / Datos de Nutrición

About 11 servings per container

Aprox. 11 porciones por paquete

**Serving Size** 1 piece (180g)

**Tamaño por Ración** 1 pieza (180g)

Amount per serving / Cantidad por Ración

**Calories / Calorías** **360**

|                                             | % Daily Value* |
|---------------------------------------------|----------------|
| <b>Total Fat/Grasa Total</b> 9,47g          | <b>11%</b>     |
| Saturated Fat/Grasa Saturada 4,74g          | <b>25%</b>     |
| Trans Fat/Grasa Trans 0g                    |                |
| <b>Cholesterol/Colesterol</b> 37,9mg        | <b>13%</b>     |
| <b>Sodium/Sodio</b> 0mg                     | <b>0%</b>      |
| <b>Total Carb./Carbohidrato Total</b> 68,2g | <b>27%</b>     |
| Dietary Fiber/Fibra Dietética 1,8g          | <b>15%</b>     |
| <b>Total Sugars / Azúcares Totales</b> 2g   |                |
| Includes 0g Added Sugars/                   | <b>0%</b>      |
| Incluye 0g de Azúcares agregados            |                |
| <b>Protein/Proteínas</b> 1,9g               | <b>4%</b>      |
| · Vitamin D / Vitamina D 0mcg               | <b>0%</b>      |
| · Calcium/Calcio 138,3mg                    | <b>11%</b>     |
| · Iron / Hierro 1,9mg                       | <b>11%</b>     |
| · Potassium/Potasio 699,2mg                 | <b>15%</b>     |

\*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.

\*Los porcentajes de Valores Diarios indican cuanto contribuye una ración de comida a una dieta diaria. 2,000 calorías por día es usado como una recomendación nutricional general.

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**COOKING INSTRUCTIONS**  
**INSTRUCCIONES PARA COCINAR**

**STOVE TOP:** In a skillet or deep fryer at 375°F (185°C), preheat enough oil to cover Tostones. Fry for four minutes until golden, turning occasionally. Dry on paper towel

**FOR BEST RESULTS:** Fry from frozen state. We do not recommend cooking product in microwave oven

**ESTUFA:** En una sartén u olla honda, a 375°F (185°C), precalentar suficiente aceite para apenas cubrir los tostones. Fríalos por cuatro minutos dando vuelta ocasionalmente o hasta que se doren. Escorra en toalla de papel.

**PARA OBTENER MEJORES RESULTADOS:** No descongelar antes de cocinar. No recomendamos cocinar este producto en horno de microondas.



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