PLANTAIN

Plantain is also called green plantain, plantain macho, plantain hartón or cooking plantain throughout America.
It is larger, more robust, harder and with thicker skin than the banana.
It is a brownish green color, and its pulp is floury and rich in fiber and starch.

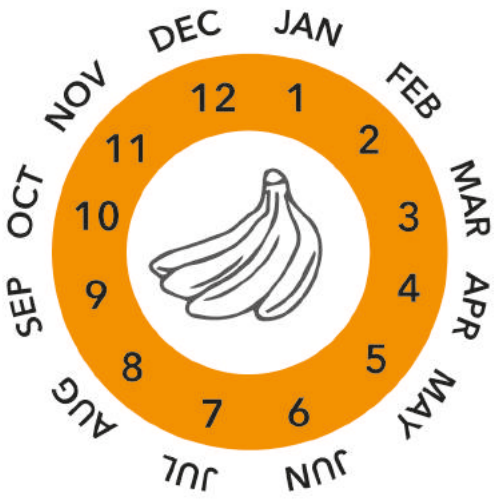
- Improves cardiovascular health.
- Benefits the muscular apparatus.
- Regulates intestinal transit.
- Optimizes neurological function.

NUTRITIONAL INFORMATION PER 100G

Total Fat: 0.5g. (1%)
Sodium: 5g. (0%)
Potassium: 890mg. (26%)
Total Carbohydrates: 57g. (19%)
Dietary Fiber: 4g. (16%)
Sugar: 10g. Proteins 2g. Vitamin A (40%)
Vitamin C (50%)
Iron (6%)
Calcium (0%)

Vitamin E (2%)
Thiamine (6%)
Riboflavin (6%)
Niacin (6%)
Vitamin B6 (25%)
Magnesium (15%)
Copper (8%)
Selenium (4%)
Folic acid (10%)

Production - January to December



TECHNICAL DATA

Specific Product: Cooking Plantain
Barraganete, Maqueño, Dominico Variety
Type "A" Premium
Tariff Code 2019 0803.10.10
Measuring Unit: Grams
Commercial Presentation: Bunches in corrugated boxes
Minimum finger length: Minimum 22 cm and Maximum 30 cm
Diameter/ Caliber: 45mm - 70mm
Presentation: Weight 50 lbs. - 22.5 kgs, palletized 1080 boxes 20 pallets x container
Packaging: Lid, Bottom, Cardboard and Vacuum bag or polybag