

**Fresh Mexican products exported
under international quality standards.**

Plantain

Musa Balbisiana

Technical Data Sheet



Agricultura
Secretaría de Agricultura y Desarrollo Rural



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Description



The plantain is an elongated tropical fruit with thick skin and firm texture, similar to the banana but with a higher starch content. In Veracruz, Mexico, it is widely cultivated in warm and humid regions, producing excellent quality for both domestic consumption and export.

It is a versatile food that can be fried, boiled, baked, or processed into industrial products such as flours and chips.



Excellent
Quality



Versatile
Food



It can be
processed
into flours
and chips.

Selection and Handling



Select firm plantains free of bruises or dark spots. Green plantains are ideal for frying or industrial processing, while yellow or black-skinned ones are suited for sweet consumption. Handle carefully to avoid physical damage and keep at room temperature for natural ripening.



Storage



Temperature:
12–14 °C



Relative humidity:
85–95%

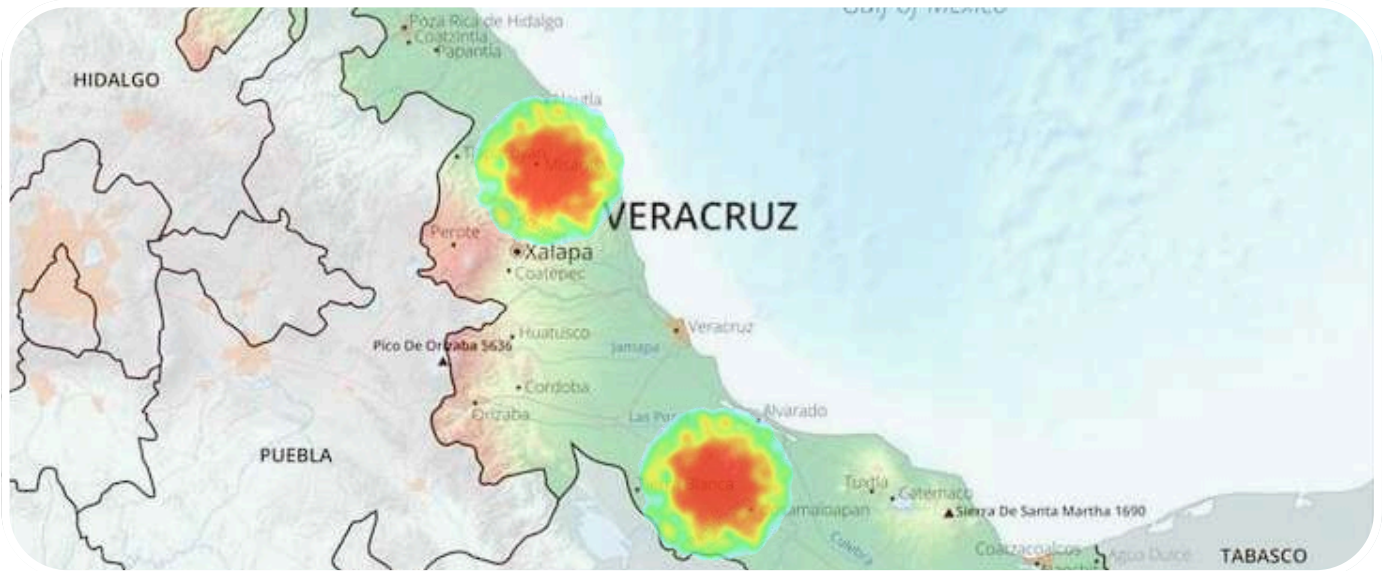


Shelf life: 2-3 weeks
depending on maturity and post-harvest
handling..

Origin and Availability



Produced mainly in Veracruz, Mexico. Available year-round, with peak production between July and November.



Nutritional Information (per 100 g)

Nutrient	Amount
Energy	510 kJ / 122 kcal
Total Fat	0.4 g
Saturated Fat	0.1 g
Carbohydrates	32 g
Sugars	15 g
Dietary Fiber	2.3 g
Protein	1.3 g
Salt	0.01 g
Potassium	499 mg
Vitamin C	18.4 mg

Nutritional Value



Plantains are a significant source of complex carbohydrates, potassium, and vitamin C. They provide sustained energy, support muscle function, and are a staple in tropical diets. Their versatility makes them suitable for both direct consumption and industrial food processing.

Culinary Uses

Consumed fried (as tostones or chips), baked, boiled, or mashed. Industrially, they are used to produce flour, frozen pulp, or dehydrated plantain. It is a traditional ingredient in both sweet and savory dishes.

Packaging Specifications

Packaging Type	Corrugated box
Boxes per pallet	55
Weight per box	18 kg/40 lbs
Pallets per load*	20
Total load weight*	19,800 kg
Peso por caja packaging.	18 kg / 40 lbs Certified

*Load in 48-foot container or refrigerated trailer.



At Afirma Internacional, S.A. de C.V., we are dedicated to the production, marketing, and export of agricultural products to national and international markets.

We operate in compliance with current official standards, ensuring that each of our processes meets the highest quality and food safety standards.

Our company offers a wide catalog of fresh and seasonal products, harvested in Veracruz, Mexico, recognized for their freshness and superior quality.

We are committed to providing our clients with carefully selected and certified products, ensuring proper classification, packaging, and logistics so that each shipment arrives in optimal condition at its destination.



Let's stay in touch



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