



# FROZEN FRUITS

*Ready when you are.*

Washed and ready, our fruits are designed with convenience in mind to open a window of menu opportunities year round.



**CONSISTENT QUALITY & TASTE**

**DOLE delivers**  
**PEAK SEASON FLAVOR**  
*and* **QUALITY ALL YEAR LONG.**

Apple Cinnamon Cupcakes  
made with DOLE®  
Chef-Ready Cuts  
Diced Apples



Mango Yam Som  
made with DOLE®  
Chef-Ready Cuts Mango Cubes



# CHEF-READY FROZEN FRUIT PURÉES

*Thaw & create your own signature recipes.*



*Pure ease* **FROM KITCHEN TO BAR**

## APPLES

(Granny Smith)

IQF Sliced - 2/5 lbs.	15111
IQF Sliced - 1/30 lbs.	15119
IQF Chef-Ready Cuts Diced - 2/5 lbs.	15122



## FREESTONE PEACHES

IQF Sliced - 2/5 lbs.	26111
IQF Sliced - 1/30 lbs.	26119
IQF Sliced in Syrup 5+1 - 1/10 lbs.	27151
IQF Chef-Ready Cuts Diced - 2/5 lbs.	27600
IQF Bits & Pieces - 1/20 lbs.	27917



## PITTED RED TART CHERRIES

IQF Whole, Pitted - 2/5 lbs.	13411
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## RED PAPAYAS

IQF Chunks - 1/30 lbs.	10526
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## STRAWBERRIES

IQF Whole - 2/5 lbs.	17711
IQF Whole - 1/30 lbs.	17719
IQF Chef-Ready Cuts Diced - 2/5 lbs.	17951
IQF Chef-Ready Cuts Sliced - 2/5 lbs.	17930
IQF Sliced 4+1 Dry Sugar - 6/6.5 lbs.	17140
IQF Sliced 4+1 Dry Sugar - 1/30 lbs.	17146
IQF Bits & Pieces - 2/5 lbs.	17925



## BANANAS

IQF Sliced - 1/20 lbs.	16117
IQF Chef-Ready Cuts - 2/5 lbs.	16118



## MANGOS

IQF Chunks - 2/5 lbs.	10511
IQF Chunks - 1/20 lbs.	10517
IQF Halves - 2/12 ct.	06511
IQF Chef-Ready Cuts Cubes	10550



## RASPBERRIES

IQF Whole - 2/5 lbs.	22711
IQF Crumbles - 4/2.5 lbs.	22910



## TROPICAL GOLD® PINEAPPLE

IQF Chunks - 2/5 lbs.	28511
IQF Chunks - 1/20 lbs.	28518
IQF Chef-Ready Cuts Cubes - 2/5 lbs.	28317
IQF Tidbits - 1/20 lbs.	28920



*Available* **IN 4 VARIETIES:**



BLACKBERRY

MANGO

STRAWBERRY

PEACH

Caribbean Ranch Dressing  
made with DOLE® Chef-Ready  
Mango Frozen Purée

## BLACKBERRIES

IQF Whole - 2/5 lbs.	18711
IQF Whole - 1/30 lbs.	18719



## MIXED BERRIES

(Blend of Strawberries, Raspberries, Blackberries & Blueberries)

IQF Whole - 2/5 lbs.	06411
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## BLUEBERRIES

IQF Whole - 2/5 lbs.	11711
IQF Whole - 1/30 lbs.	11719



## MIXED FRUIT

(Strawberries, Peaches, Mango and Pineapple)

IQF - 2/5 lbs.	16511
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## CRANBERRIES

IQF Whole - 2/5 lbs.	60711
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## PITTED DARK SWEET CHERRIES

IQF Whole, Pitted - 2/5 lbs.	13711
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# SMOOTHIE CUTS

*Blend the best.*

100% ready-to-use bulk IQF fruit crafted for smoothies. Pre-cut fruit extends blender life, saving time and money and creates zero fruit waste.



<b>DICED AVOCADO</b> 06746 • 6/2 lbs.	<b>SLICED BANANAS</b> 16202 • 1/30 lbs.	<b>DRAGON FRUIT (PITAYA)</b> 00314 • 1/30 lbs.	<b>MANGO BITS &amp; PIECES</b> 10561 • 1/30 lbs.
<b>DICED PEACHES</b> 02023 • 1/30 lbs.	<b>PINEAPPLE TIDBITS</b> 28885 • 1/30 lbs.	<b>STRAWBERRY BITS &amp; PIECES</b> 17923 • 1/30 lbs.	<b>RASPBERRY CRUMBLES</b> 22927 • 1/30 lbs. 22910 • 4/2.5 lbs.

## NUTRITION FACTS

### DOLE® CHEF-READY FROZEN FRUIT PURÉES

	Case UPC	Kosher Status	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Potassium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV*	Vitamin D % DV*	Calcium % DV*	Iron % DV*
<b>Blackberry</b> Blackberry Purée, White Grape Juice Concentrate and Xanthan Gum.	100-71202-18714-8	Ⓢ	55 g	50	0	0	0	10	80	11	3	8	<1	0	0	0	2
<b>Mango</b> Mango Purée, White Grape Juice Concentrate and Xanthan Gum.	100-71202-10502-9	Ⓢ	55 g	40	0	0	0	5	10	10	<1	9	0	0	0	0	0
<b>Strawberry</b> Strawberry Purée, White Grape Juice Concentrate and Xanthan Gum.	100-71202-17139-0	Ⓢ	55 g	35	0	0	0	10	0	8	1	5	0	0	0	10	0
<b>Peach</b> Peach Purée (Peach, Ascorbic Acid (to promote color retention), Citric Acid and Malic Acid) and Xanthan Gum.	100-71202-27601-9	Ⓢ	55 g	25	0	0	0	5	105	5	<1	4	0	0	0	0	0

\* Percentages based on the daily value of a 2,000 calorie diet.

## CASE SPECIFICATIONS

DOLE CHEF-READY FROZEN FRUIT PURÉES - ALL VARIETIES	Pack/Size	Case Dimensions	Case Weight		Per Case Pallet	Shelf Life
			Net	Gross		
	8/30 oz.	19.188 x 9.813 x 6.125"	15 lb.	16 lb.	96	2-years

KEEP FROZEN. REFRIGERATE ANY UNUSED FRUIT PURÉE. DO NOT REFREEZE.



# Benefits of FROZEN FRUIT



## PERFECTLY RIPE.

The minute a fruit is picked, it begins to lose nutrients. Quick-freezing fruit shortly after it is harvested ensures that the fruit remains ripe and helps maintain its nutritional peak.



## TIME SAVER.

Most frozen fruit is prewashed and precut, which saves valuable preparation time in the kitchen.



## LESS PRODUCT WASTE.

Using frozen fruit is not only convenient but often more cost-effective. The shelf life of frozen fruit is far greater than fresh, meaning less product waste.



## SIMPLE INGREDIENTS.

Because freezing preserves foods, there is little need for additional additives or preservatives. Often frozen fruit contains no other ingredients than the fruit itself.



## BETTER BLENDED BEVERAGES.

Using frozen fruit eliminates the need for ice when making smoothies and other blended fruit beverages. This enhances the flavor and keeps beverages from tasting watered-down.

## NUTRITION FACTS

	Kosher Status	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin C % DV*	Vitamin D % DV*	Potassium % DV*	Calcium % DV*	Iron % DV*
Apples IQF	U	3/4 cup	80	0	0	0	140	18	2	14	0	0	-	0	2	0	0
Avocado IQF	U	1 cup	50	4.5	0.5	0	0	3	2	0	0	<1	0	0	4	0	0
Bananas IQF	U	1 cup	140	0	0	0	0	32	4	17	0	2	-	0	10	0	2
Blackberries IQF	K	1 cup	100	0.5	0	0	0	22	7	15	0	2	4	0	4	4	6
Blueberries IQF	U	1 cup	80	1	0	0	0	17	4	12	0	<1	4	0	0	0	0
Cherries, Dark Sweet Pitted IQF	U	1 cup	100	0	0	0	0	22	3	18	0	1	10	0	6	0	2
Cherries, Red Tart Pitted IQF	U	1 cup	70	0.5	0	0	0	15	2	13	0	1	-	0	4	0	4
Cranberries IQF	U	1/2 cup	30	0	0	0	0	7	2	2	0	0	8	0	0	0	0
Dragon Fruit (Pitaya) IQF	U	1 cup	90	0.5	0	0	15	21	5	12	0	2	-	0	6	0	8
Mango IQF	U	1 cup	90	0.5	0	0	0	21	2	19	0	1	60	0	4	0	0
Mixed Fruit IQF	U	1 cup	70	0	0	0	0	16	2	12	0	<1	90	0	4	0	4
Mixed Berries IQF	K	1 cup	80	0.5	0	0	0	17	5	10	0	1	35	0	4	2	4
Papayas, Red IQF	U	1 cup	70	0	0	0	0	16	2	12	0	<1	90	0	4	0	4
Peaches IQF	U	1 cup	60	0	0	0	0	13	2	9	0	<1	190	0	6	0	2
Pineapple IQF	U	1 cup	80	0	0	0	0	18	2	14	0	<1	70	0	4	0	2
Raspberries IQF	K	1 cup	80	1	0	0	0	17	9	6	0	2	40	0	4	2	6
Strawberries IQF	U	1 cup	50	0	0	0	0	13	3	6	0	<1	60	0	4	0	6

\* Percentages based on the daily value of a 2,000 calorie diet.

## CASE SPECIFICATIONS

	Case	Pack/Size	Case Dimensions	Case Weight		Case Cube	Per Case Pallet
				Net	Gross		
Apples Diced Chef-Ready Cuts	100-71202-15122-4	2/5#	11.375" x 10.375" x 6.750"	10.0 lbs.	11.0 lbs.	0.46	160
Apples Sliced	100-71202-15111-8	2/5#	11.375" x 10.375" x 6.750"	10.0 lbs.	11.0 lbs.	0.46	160
Apples Sliced	0-71202-15119-7	1/30#	19.625" x 11.625" x 9.750"	30.0 lbs.	32.0 lbs.	1.29	49
Avocados Diced IQF Smoothie Cuts	71202-06746	6/2#	15.625" x 9.563" x 6.625"	2.0 lbs.	13.5 lbs.	0.573	130
Bananas Sliced	100-71202-16117-9	1/20#	16.625" x 9.125" x 8.750"	20.0 lbs.	21.75 lbs.	0.77	90
Bananas Sliced Chef-Ready Cuts	100-71202-16118-6	2/5#	11.375" x 10.375" x 6.750"	10.0 lbs.	11.0 lbs.	0.46	160
Bananas Sliced IQF Smoothie Cuts	71202-16202	1/30#	16.063" x 11.535" x 10.354"	30.0 lbs.	32 lbs.	1.110	60
Blackberries Whole	100-71202-18711-7	2/5#	11.375" x 10.375" x 6.750"	10.0 lbs.	11.0 lbs.	0.46	160
Blackberries Whole	0-71202-18719-6	1/30#	15.875" x 12.500" x 9.750"	30.0 lbs.	32.0 lbs.	1.12	56
Blueberries Whole	100-71202-11711-4	2/5#	11.375" x 10.375" x 6.750"	10.0 lbs.	11.0 lbs.	0.46	160
Blueberries Whole	0-71202-11719-3	1/30#	15.875" x 12.500" x 9.250"	30.0 lbs.	32.0 lbs.	1.12	56
Cherries Dark Sweet Whole Pitted	100-71202-13711-2	2/5#	11.375" x 10.375" x 6.750"	10.0 lbs.	11.0 lbs.	0.46	160
Cherries Red Tart Whole Pitted	100-71202-13411-1	2/5#	11.375" x 10.375" x 6.750"	10.0 lbs.	11.0 lbs.	0.46	160
Cranberries Whole	100-71202-60711-0	2/5#	11.375" x 10.375" x 6.750"	10.0 lbs.	11.0 lbs.	0.46	160
Dragon Fruit (Pitaya) IQF Smoothie Cuts	71202-00314	1/30#	15.813" x 12.438" x 9.625"	30.0 lbs.	32 lbs.	1.096	54
Mango Bits & Pieces IQF Smoothie Cuts	71202-10561	1/30#	15.875" x 12.500" x 9.750"	30.0 lbs.	32 lbs.	1.120	54
Mango Chunks	100-71202-10511-1	2/5#	11.375" x 10.375" x 6.750"	10.0 lbs.	11.0 lbs.	0.46	160
Mango Chunks	100-71202-10517-3	1/20#	16.563" x 9.063" x 8.625"	20.0 lbs.	21.50 lbs.	0.749	100
Mango Cubes Chef-Ready Cuts	100-71202-10550-0	2/5#	11.375" x 10.375" x 6.750"	10.0 lbs.	11.0 lbs.	0.46	160
Mango Halves	100-71202-06511-8	2/12 ct.	16.500" x 10.000" x 3.000"	6.5 lbs.	7.5 lbs.	0.29	210
Mixed Berries	100-71202-06411-1	2/5#	11.375" x 10.375" x 6.750"	10.0 lbs.	11.0 lbs.	0.46	160
Mixed Fruit	100-71202-16511-5	2/5#	11.375" x 10.375" x 6.750"	10.0 lbs.	11.0 lbs.	0.46	160
Papaya, Red Chunks	100-71202-10526-5	1/30#	16.551" x 13.551" x 10.051"	30.0 lbs.	32.0 lbs.	1.305	64
Peaches Bits and Pieces	0-71202-27917-4	1/20#	16.625" x 9.125" x 8.750"	20.0 lbs.	21.50 lbs.	0.77	90
Peaches Diced Chef-Ready Cuts	100-71202-27600-2	2/5#	11.375" x 10.375" x 6.750"	10.0 lbs.	11.0 lbs.	0.46	160
Peaches Diced IQF Smoothie Cuts	71202-02023	1/30#	15.813" x 12.438" x 9.625"	30.0 lbs.	32 lbs.	1.096	54
Peaches Sliced	100-71202-26111-4	2/5#	11.375" x 10.375" x 6.750"	10.0 lbs.	11.0 lbs.	0.46	160
Peaches Sliced	100-71202-26119-0	1/30#	15.875" x 12.500" x 9.750"	30.0 lbs.	32.0 lbs.	1.12	56
Peaches in Syrup Sliced 5+1	100-71202-27151-9	1/10#	11.250" x 5.875" x 6.250"	10.0 lbs.	11.0 lbs.	0.24	175
Pineapple Chunks	100-71202-28511-0	2/5#	11.375" x 10.375" x 6.750"	10.0 lbs.	11.0 lbs.	0.46	160
Pineapple Chunks	100-71202-28518-9	1/20#	16.625" x 9.125" x 8.750"	20.0 lbs.	21.50 lbs.	0.77	90
Pineapple Cubes Chef-Ready Cuts	100-71202-28317-8	2/5#	11.375" x 10.375" x 6.750"	10.0 lbs.	11.0 lbs.	0.46	160
Pineapple Tidbits	100-71202-28920-0	1/20#	16.625" x 9.125" x 8.750"	20.0 lbs.	22.0 lbs.	0.77	56
Pineapple Tidbits IQF Smoothie Cuts	71202-28885	1/30#	16.063" x 11.535" x 10.354"	30.0 lbs.	32 lbs.	1.110	60
Raspberry Crumbles	100-71202-22910-7	4/2.5#	12.875" x 8.313" x 7.500"	10.0 lbs.	11.0 lbs.	0.47	160
Raspberry Crumbles IQF Smoothie Cuts	71202-22927	1/30#	15.875" x 12.500" x 9.750"	30.0 lbs.	32 lbs.	1.120	40
Raspberry Crumbles IQF Smoothie Cuts	71202-22910	4/2.5#	12.813" x 8.251" x 7.375"	2.5 lbs.	11 lbs.	0.451	160
Raspberries Whole	100-71202-22711-0	2/5#	11.375" x 10.375" x 7.250"	10.0 lbs.	11.0 lbs.	0.50	160
Strawberries Bits and Pieces	100-71202-17925-9	2/5#	12.875" x 8.312" x 7.500"	10.0 lbs.	11.0 lbs.	0.46	160
Strawberries Diced Chef-Ready Cuts	100-71202-17951-8	2/5#	11.375" x 10.375" x 6.750"	10.0 lbs.	11.0 lbs.	0.46	160
Strawberries Sliced Chef-Ready Cuts	100-71202-17930-3	2/5#	11.375" x 10.375" x 6.750"	10.0 lbs.	11.0 lbs.	0.46	160
Strawberries Sliced 4+1 Dry Sugar	0-71202-17146-1	1/30#	15.875" x 12.500" x 9.750"	30.0 lbs.	31.8 lbs.	1.12	64
Strawberries Sliced 4+1 Dry Sugar	100-71202-17140-6	6/6.5#	19.438" x 13.000" x 9.188"	39.0 lbs.	44.0 lbs.	1.34	42
Strawberries Whole	100-71202-17711-8	2/5#	11.375" x 10.375" x 6.750"	10.0 lbs.	11.0 lbs.	0.46	160
Strawberries Whole	0-71202-17719-7	1/30#	15.875" x 12.500" x 9.750"	30.0 lbs.	32.0 lbs.	1.12	56

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# FROZEN FRUITS



- FROZEN FRUIT IQF
- CHEF-READY FROZEN FRUIT PURÉES
- CHEF-READY CUTS
- SMOOTHIE CUTS