

NUTRITIONAL INFORMATION

DOLE PINEAPPLE (JUICE PACK)		Serving Size 1/2 Cup	Calories	Total Fat	Sat. Fat	Sodium	Potassium	Carbs.	Fiber	Sugars	Added Sugars	Protein	Vit. A*	Vit. C*	Iron*	Calcium*
Fancy Slices in Juice	100-38900-01143-4	11.4g	60	0g	0g	0mg	140mg	15g	1g	14g	0g	<1g	-	20%	0%	0%
Fancy Chunks in Juice	100-38900-01473-2	12.2g	70	0g	0g	0mg	150mg	16g	1g	15g	0g	<1g	-	20%	2%	0%
Fancy Tidbits in Juice	100-38900-01513-5	12.2g	70	0g	0g	0mg	150mg	16g	1g	15g	0g	<1g	-	20%	2%	0%
INGREDIENTS: Pineapple, Pineapple Juice, Clarified Pineapple Juice from Concentrate (Water, Clarified Pineapple Juice Concentrate) and Citric Acid.																
Fancy Crushed in Juice	100-38900-01613-2	12.2g	80	0g	0g	0mg	130mg	18g	1g	15g	0g	1g	-	6%	2%	0%
INGREDIENTS: Pineapple, Pineapple Juice, and Citric Acid.																
Choice Slices in Juice 66	100-38900-00255-5	140g	80	0g	0g	0mg	170mg	18g	1g	17g	0g	0g	-	20%	2%	0%
Fancy Chunks in Juice	100-38900-00468-9	12.2g	70	0g	0g	0mg	150mg	16g	1g	15g	0g	<1g	-	20%	2%	0%
INGREDIENTS: Pineapple, Pineapple Juice, Water, Clarified Pineapple Juice Concentrate																
Choice Tidbits in Juice	100-38900-00553-2	12.2g	70	0g	0g	0mg	140mg	16g	1g	15g	0g	<1g	-	20%	2%	0%
INGREDIENTS: Pineapple, Pineapple Juice, Clarified Pineapple Juice from Concentrate (Water, Clarified Pineapple Juice Concentrate).																
Fine Cut Crushed in Juice	100-38900-00715-4	12.2g	80	0g	0g	0mg	130mg	15g	1g	15g	0g	1g	-	6%	2%	0%
Coarse Cut Crushed in Juice	100-38900-00765-9	12.2g	80	0g	0g	0mg	130mg	18g	1g	15g	0g	1g	-	6%	2%	0%
INGREDIENTS: Pineapple and Pineapple Juice.																
Aspic Fine Cut Crushed in Juice	100-38900-80716-7	100g	60	0g	0g	0mg	110mg	13g	1g	12g	0g	<1g	-	20%	0%	0%
Aspic Coarse Cut Crushed in Juice	100-38900-80766-2	100g	60	0g	0g	0mg	110mg	13g	1g	12g	0g	<1g	-	20%	0%	0%
INGREDIENTS: Pineapple and Pineapple Juice.																
DOLE PINEAPPLE (SYRUP PACK)																
Fancy Slices in Heavy Syrup	100-38900-01102-1	11.7g	100	0g	0g	0mg	0mg	25g	1g	23g	13g	0g	-	20%	0%	0%
Fancy Chunks in Heavy Syrup	100-38900-01462-6	12.3g	110	0g	0g	0mg	90mg	26g	1g	25g	13g	1g	-	20%	0%	0%
Fancy Crushed in Heavy Syrup	100-38900-11602-3	12.3g	110	0g	0g	0mg	120mg	26g	2g	27g	10g	<1g	-	25%	0%	0%
Pineapple Pizza Tidbits in Light Syrup	100-38900-77507-7	12.2g	90	0g	0g	0mg	110mg	21g	1g	20g	7g	<1g	-	20%	0%	0%
Choice Slices in Heavy Syrup 66	100-38900-00235-7	140g	120	0g	0g	0mg	100mg	29g	1g	28g	16g	<1g	-	20%	0%	0%
Thin Slices in Light Syrup 90	100-38900-00270-8	140g	100	0g	0g	0mg	100mg	24g	1g	22g	10g	<1g	-	20%	2%	0%
Fancy Chunks in Heavy Syrup	100-38900-00465-8	12.3g	110	0g	0g	0mg	0mg	26g	1g	27g	13g	0g	-	20%	0%	0%
Choice Tidbits in Light Syrup	100-38900-00592-1	12.2g	90	0g	0g	0mg	100mg	21g	1g	20g	7g	<1g	-	20%	0%	0%
Fancy Tidbits in Heavy Syrup	100-38900-00535-8	12.3g	110	0g	0g	0mg	100mg	26g	1g	27g	12g	<1g	-	20%	0%	0%
Choice Cubes in Light Syrup	100-38900-00395-8	12.3g	90	0g	0g	0mg	110mg	21g	1g	20g	7g	<1g	-	20%	0%	0%
INGREDIENTS: Pineapple, Water, Sugar, and Citric Acid.																
Fancy Cubes in Extra Heavy Syrup (3.2° B)	100-38900-00435-1	12.3g	170	0g	0g	10mg	100mg	41g	1g	39g	0g	0g	-	30%	0%	0%
Fancy Coarse Cut Crushed in Extra Heavy Syrup (3.2° B)	100-38900-00625-6	12.3g	170	0g	0g	10mg	0mg	42g	1g	31g	30g	0g	-	20%	0%	0%
INGREDIENTS: Pineapple, Sugar, Water, and Citric Acid.																
DOLE TROPICAL FRUIT SALAD																
In Light Syrup and Passion Fruit Juice	100-38900-09082-8	12.3g	90	0g	0g	0mg	170mg	22g	2g	20g	11g	<1g	2%	40%	0%	0%
INGREDIENTS: Pineapple, Papaya (Red and Yellow), Water, Guava, Sugar, Passion Fruit Juice from Concentrate (Water, Passion Fruit Juice Concentrate), and Citric Acid.																
In Juice	100-38900-09060-6	12.2g	70	0g	0g	0mg	190mg	17g	2g	14g	0g	<1g	2%	40%	0%	0%
INGREDIENTS: Pineapple, Papaya (Red and Yellow), Pineapple Juice, Guava, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), and Citric Acid.																
DOLE MANDARIN ORANGES																
Segments in Juice	100-38900-04222-3	12.2g	80	0g	0g	5mg	120mg	18g	1g	16g	0g	<1g	2%	10%	0%	2%
INGREDIENTS: Mandarin Oranges, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), and Citric Acid.																
Segments in Light Syrup	100-38900-14215-2	12.3g	80	0g	0g	0mg	115mg	21g	1g	20g	<1g	<1g	6%	10%	0%	2%
Segments in Light Syrup	100-38900-04218-6	12.3g	100	0g	0g	0mg	110mg	24g	1g	20g	15g	<1g	-	8%	0%	2%
INGREDIENTS: Mandarin Oranges, Water, Sugar, and Citric Acid.																
DOLE POUCH PACK PRODUCTS																
Tropical Gold® Pineapple Premium Cut In Extra Light Syrup	100-38900-01442-1	12.3g	70	0g	0g	0mg	140mg	18g	1g	15g	2g	<1g	-	40%	0%	0%
INGREDIENTS: Pineapple, Water, Sugar, Citric Acid, and Ascorbic Acid (to Promote Color Retention).																
Pineapple Tidbits In Light Syrup	100-38900-00567-9	12.3g	90	0g	0g	0mg	120mg	21g	1g	21g	6g	<1g	-	40%	0%	0%
INGREDIENTS: Pineapple Tidbits, Water, Sugar, Citric Acid, and Ascorbic Acid (to Promote Color Retention).																
Tropical Fruit Salad In Light Syrup	100-38900-09097-2	12.2g	70	0g	0g	0mg	200mg	16g	2g	14g	<1g	<1g	-	30%	0%	0%
INGREDIENTS: Pineapple, Papaya, Pineapple Juice, Guava, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Ascorbic Acid (to Promote Color Retention), and Citric Acid.																

*Percent Daily Values are based on a 2,000 calorie diet.

SPECIFICATIONS

Pack Size	Total oz.	Drained Wt. (fruit)	Case Dimensions Length x Width x Height	Case Weight (lbs.)	Case Cube (L)	Cases Per Pallet
12/20oz.	20	10 slices	13,750 x 10,250 x 4,625"	18	0,377	126
12/20oz.	20	12oz.	13,750 x 10,250 x 4,625"	18	0,377	126
12/20oz.	20	12oz.	13,750 x 10,250 x 4,625"	18	0,377	126
12/20oz.	20	12oz.	13,750 x 10,250 x 4,625"	18	0,377	126
6/10#	107	66 slices	18,500 x 12,500 x 7,000"	46	0,937	48
6/10#	106	4lb. 2oz.	18,500 x 12,500 x 7,000"	46	0,937	48
6/10#	106	4lb. 2oz.	18,500 x 12,500 x 7,000"	46	0,937	48
6/10#	107	5lb. 8oz.	18,500 x 12,500 x 7,000"	46	0,937	48
6/10#	107	5lb. 8oz.	18,500 x 12,500 x 7,000"	46	0,937	48
50lb.	-	-	13,000 x 19,000 x 7,000"	54	1,000	42
50lb.	-	-	13,000 x 19,000 x 7,000"	54	1,000	42
12/20 oz.	20	10 slices	13,750 x 10,250 x 4,625"	18	0,377	126
12/20 oz.	20	12oz.	13,750 x 10,250 x 4,625"	18	0,377	126
12/20 oz.	20	12.6oz.	13,750 x 10,250 x 4,625"	18	0,377	126
12/29 oz.	29	11lb. 3oz.	16,000 x 12,190 x 4,750"	26.5	0,536	80
6/10#	108	66 slices	18,500 x 12,500 x 7,000"	46	0,937	48
6/10#	107	90 slices	18,500 x 12,500 x 7,000"	46	0,937	48
6/10#	108	4lb. 2oz.	18,500 x 12,500 x 7,000"	46	0,937	48
6/10#	108	4lb. 4oz.	18,500 x 12,500 x 7,000"	46	0,937	48
6/10#	108	4lb. 7oz.	18,500 x 12,500 x 7,000"	48	0,937	48
6/10#	106	4lb. 2oz.	18,500 x 12,500 x 7,000"	46	0,937	48
6/10#	112	4lb. 2oz.	18,500 x 12,500 x 7,000"	48	0,937	48
6/10#	112	5lb. 12oz.	18,500 x 12,500 x 7,000"	46	0,937	48
6/10#	106	4lb. 1oz.	18,500 x 12,500 x 7,000"	46	0,940	48
6/10#	106	4lb. 1oz.	18,500 x 12,500 x 7,000"	46	0,940	48
6/10#	106	3lb. 12oz.	18,500 x 12,500 x 7,000"	45	0,937	48
12/15oz.	15	8.4oz.	11,575 x 8,738 x 4,118"	14	0,241	144
6/10#	106	3lb. 12oz.	18,500 x 12,500 x 7,000"	45	0,937	48
6/81oz.	81	6 caps	18,385 x 13,250 x 7,716"	34.0	1,088	35
6/81oz.	81	3lb. 9oz.	18,385 x 13,250 x 7,716"	34.0	1,088	35
6/81oz.	81	6 caps	18,385 x 13,250 x 7,716"	34.0	1,088	35

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