



CHEF-READY CUTS



FEATURES & BENEFITS

- Picked at peak ripeness
- Quick-frozen to lock in flavor and nutrients
- Washed, cut and ready-to-use
- Valuable labor saving efficiencies
- 100% usable fruit, zero product waste
- Available year-round

Fruits are sources of many essential nutrients that are under consumed, including potassium, dietary fiber and vitamin C.

Source: USDA Choose My Plate
U.S. Department of Agriculture, 2020.

Add the **PERFECT BURST** of **FRUIT FLAVOR** to your menu, whenever you need it.





Mango and Avocado Wasabi Pizza



Pineapple Avocado Smoothie

Spicy Ponzu Poke with Mango



Mango and Avocado are both in the top 10 fruits trending on us menus with a 4 year growth rate of +12.9%

*Source: Datassential, SNAP™ 2020.

Taste
THE DIFFERENCE

DOLE CONDUCTS
90,000+
QUALITY TESTS

At Dole, we know quality matters. That's why we test our products thoroughly to ensure you receive only the highest quality fruit with consistent taste, color and texture, year-round.



NUTRITION FACTS

No artificial, colors, flavors or preservatives

DOLE® CHEF-READY CUTS

	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 A % DV*	Vitamin C % DV*	Vitamin D % DV*	Potassium % DV*	Calcium % DV*	Iron % DV*	
Pineapple Cubes IQF Ingredients: Pineapple.	U	1 cup	80	0	0	0	0	18	2	14	0	<1	-	70	0	4	0	0	2
Mango Cubes IQF Ingredients: Mango.	U	1 cup	90	.5	0	0	0	21	2	19	0	1	8	60	0	4	0	0	0
Diced Peaches IQF Ingredients: Peaches, Ascorbic Acid (Vitamin C) To Promote Color Retention, Citric Acid, Malic Acid and Natural Flavors.	U	1 cup	60	0	0	0	0	13	2	9	0	<1	2	190	0	6	0	0	2
Diced Strawberries IQF Ingredients: Strawberries.	U	1 cup	50	0	0	0	0	13	3	6	0	<1	-	60	0	4	0	0	6
Sliced Strawberries IQF Ingredients: Strawberries.	U	1 cup	50	0	0	0	0	13	3	6	0	<1	-	60	0	4	0	0	6
Diced Apples IQF Ingredients: Apples, Salt, Ascorbic Acid (Vitamin C) To Promote Color Retention and Citric Acid.	U	1 cup	80	0	0	0	1090	18	2	14	0	0	-	-	0	2	0	0	0
Sliced Bananas IQF Ingredients: Bananas, Ascorbic Acid (Vitamin C) To Promote Color Retention and Citric Acid.	U	1 cup	140	0	0	0	0	32	4	17	0	2	-	-	0	10	0	0	2
Diced Avocado IQF Ingredients: Avocado, Citric Acid and Ascorbic Acid (To Promote Color Retention).	U	30g	50	4.5	0.5	0	0	3	2	0	0	<1	0	2	0	4	0	0	0
Dragon Fruit Chunks (Pitaya) IQF Ingredients: Dragon Fruit.	U	140g	90	0.5	0	0	15	21	5	12	0	2	0	0	0	6	0	0	8

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

CASE SPECIFICATIONS

DOLE® CHEF-READY CUTS

	Case UPC	Pack/Size	Case Dimensions	Case Weight		Case Cube	Per Case Pallet	Fruit Size	Shelf Life*
				Net	Gross				
Pineapple Cubes IQF	100-71202-28317-8	2/5 lb.	11.375" x 10.375" x 6.750"	10 lb.	11 lb.	0.46	160	3/8" Cubes	2-Years
Mango Cubes IQF	100-71202-10550-0	2/5 lb.	11.375" x 10.375" x 6.750"	10 lb.	11 lb.	0.46	160	3/8" Cubes	2-Years
Diced Peaches IQF	100-71202-27600-2	2/5 lb.	11.375" x 10.375" x 6.750"	10 lb.	11 lb.	0.46	160	1/2" Diced	2-Years
Diced Peaches IQF	100-71202-02023-0	1/30 lb.	15.813" x 12.438" x 9.625"	30 lb.	32 lb.	1.096	54	1/2" Diced	2-Years
Diced Strawberries IQF	100-71202-17951-8	2/5 lb.	11.375" x 10.375" x 6.750"	10 lb.	11 lb.	0.46	160	1/2" Diced	2-Years
Sliced Strawberries IQF	100-71202-17930-3	2/5 lb.	11.375" x 10.375" x 6.750"	10 lb.	11 lb.	0.46	160	Sliced	2-Years
Diced Apples IQF	100-71202-15122-4	2/5 lb.	11.375" x 10.375" x 6.750"	10 lb.	11 lb.	0.46	160	1/2" Diced	2-Years
Sliced Bananas IQF	100-71202-16118-6	2/5 lb.	11.375" x 10.375" x 6.750"	10 lb.	11 lb.	0.46	160	Sliced	12 Months
Diced Avocado IQF	100-71202-06746-4	6/2 lb.	15.626" x 9.563" x 6.625"	12 lb.	13.5 lb.	0.573	130	1/2" Diced	2-Years
Dragon Fruit Chunks (Pitaya) IQF	100-71202-00314-1	1/30 lb.	15.813" x 12.438" x 9.625"	30 lb.	30 lb.	1.096	54	1/2" Chunks	2-Years

**Best By" date printed on each case and individual bag. KEEP FROZEN. WASHED AND READY TO EAT.

Visit dolefoodservice.com for recipes, product video overviews and offers or call 800-723-9868 to contact a Dole Representative. @dolefoodservice #SunshineForAll