



# Chef-Ready Cuts



## Features & Benefits

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

Quick-frozen to  
lock in flavor and

*Nutrients*



## IMMUNITY-BOOST

Fruits and vegetables provide nutrients—like beta-carotene, Vitamin C, and Vitamin E—that can boost immune function.

Source: "Foods to Boost the Immune System," Physicians Committee for Responsible Medicine, March 13, 2020.





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.



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 C % DV*	Vitamin D % DV*	Potassium % DV*	Calcium % DV*	Iron % DV*
<b>Pineapple Cubes IQF</b> Ingredients: Pineapple.	Ⓢ	1 cup	80	0	0	0	0	18	2	14	0	<1	70	0	4	0	2
<b>Mango Cubes IQF</b> Ingredients: Mango.	Ⓢ	1 cup	90	.5	0	0	0	21	2	19	0	1	60	0	4	0	0
<b>Diced Peaches IQF</b> Ingredients: Peaches, Ascorbic Acid (Vitamin C) To Promote Color Retention, Citric Acid, Malic Acid and Natural Flavors.	Ⓢ	1 cup	60	0	0	0	0	13	2	9	0	<1	190	0	6	0	2
<b>Diced Strawberries IQF</b> Ingredients: Strawberries.	Ⓢ	1 cup	50	0	0	0	0	13	3	6	0	<1	60	0	4	0	6
<b>Sliced Strawberries IQF</b> Ingredients: Strawberries.	Ⓢ	1 cup	50	0	0	0	0	13	3	6	0	<1	60	0	4	0	6
<b>Diced Apples IQF</b> Ingredients: Apples, Salt, Ascorbic Acid (Vitamin C) To Promote Color Retention and Citric Acid.	Ⓢ	1 cup	80	0	0	0	1090	18	2	14	0	0	-	0	2	0	0
<b>Sliced Bananas IQF</b> Ingredients: Bananas, Ascorbic Acid (Vitamin C) To Promote Color Retention and Citric Acid.	Ⓢ	1 cup	140	0	0	0	0	32	4	17	0	2	-	0	10	0	2
<b>Diced Avocado IQF</b> Ingredients: Avocado, Citric Acid and Ascorbic Acid (To Promote Color Retention).	Ⓢ	30g	50	4.5	0.5	0	0	3	2	0	0	<1	2	0	4	0	0
<b>Dragon Fruit Chunks (Pitaya) IQF</b> Ingredients: Dragon Fruit.	Ⓢ	140g	90	0.5	0	0	15	21	5	12	0	2	0	0	6	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				
<b>Pineapple Cubes IQF</b>	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
<b>Mango Cubes IQF</b>	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
<b>Diced Peaches IQF</b>	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
<b>Diced Peaches IQF</b>	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
<b>Diced Strawberries IQF</b>	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
<b>Sliced Strawberries IQF</b>	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
<b>Diced Apples IQF</b>	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
<b>Sliced Bananas IQF</b>	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
<b>Diced Avocado IQF</b>	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
<b>Dragon Fruit Chunks (Pitaya) IQF</b>	100-71202-00314-1	1/30 lb.	15.813" x 12.438" x 9.625"	30 lb.	32 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](http://dolefoodservice.com) for recipes, product video overviews and offers or call 800-723-9868 to contact a Dole Representative.

