



Unleash the

Dragon Fruit

Dragon Fruit has **Grown +113%** on US Menus.*

*Source: Datassential SNAP™, 2021.

DOLE IQF Dragon Fruit

- Vibrant color and refreshing tropical taste
- Pre-cut for labor savings and ease of use
- 100% usable fruit, zero product waste
- Available in 5 lb. or 30 lb. sizes





Chef-Ready Cuts Diced Dragon Fruit

Dragon Fruit Smoothie Bowl



Snap Dragon Tea



Did you Know?

Eating dragon fruit has a **prebiotic effect** on the body that **enhances digestion** and **nourishes gut bacteria**.*

*Source: Medical News Today, 2019.



NUTRITION FACTS

No artificial, colors, flavors or preservatives

DOLE® CHEF-READY CUTS

Dragon Fruit (Pitaya) IQF

Ingredients: Dragon Fruit.



| 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* |
|---------------|--------------|----------|---------------|-------------------|---------------|-------------|-----------|-----------|------------------|------------------|-------------|-----------------|-----------------|-----------------|---------------|------------|
| U | 1 cup | 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 | | | | |
| Diced Dragon Fruit (Pitaya) IQF | 100-71202-00330-1 | 2/5 lb. | 11.375" x 10.375" x 6.750" | 10 lb. | 11 lb. | 0.46 | 160 | 1/2" Dice | 2-Years |
| Dragon Fruit Chunks (Pitaya) IQF | 100-71202-00314-1 | 1/30 lb. | 15.813" x 12.438" x 9.625" | 30 lb. | 32 lb. | 1.096 | 54 | 3/4" 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.



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