



# 7oz. Fruit Bowls®



Excellent source of Vitamin C



**Mixed Fruit**  
in 100% Fruit Juice



**Mandarin Oranges**  
in 100% Fruit Juice



**Sliced Peaches**  
in 100% Fruit Juice



**Tropical Fruit**  
in 100% Fruit Juice



**Mixed Fruit**  
in Black Cherry Gel

**84%**  
of consumers

are more likely to buy  
snacks rich in vitamins  
and minerals.

Source: Statista, November 25, 2020.

The Away From Home  
Fruit Solution that  
Works Everywhere!

Grocery Sets

Refrigerated Doors

Kiosks

Sandwich Sets

**4 oz. sizes**  
also available!

# Better Fruit Solutions for Small Format Retailers

## 7 oz. Fruit Bowls® are:

- Excellent as a snack, or side with sandwiches or roller grill items
- Shelf-stable, no spoilage or shrinkage
- Packaged to allow merchandising versatility in multiple locations
- Equipped with a fork under the lid for convenient consumption

Available in  
**5**  
Varieties

## Nutritional Information

	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Potassium % DV*	Vitamin A % DV*	Vitamin C % DV*	Calcium % DV*	Iron % DV*
<b>DOLE FRUIT BOWLS® IN 100% FRUIT JUICE, 7 OZ.</b>															
<b>Mandarin Oranges in 100% Fruit Juice</b> <small>Mandarin Oranges, White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Ascorbic Acid (To Promote Color Retention), and Citric Acid.</small>	198	120	0	0	0	10	28	2	25	1	4	4	50	4	0
<b>Mixed Fruit in 100% Fruit Juice</b> <small>White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Pineapple, Peaches, Pears, Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (To Promote Color Retention), and Citric Acid.</small>	198	120	0	0	0	5	28	3	23	1	4	-	50	0	0
<b>Sliced Peaches in 100% Fruit Juice</b> <small>Peaches, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (To Promote Color Retention), and Citric Acid.</small>	198	100	0	0	0	5	24	2	22	1	4	-	50	0	2
<b>Tropical Fruit in 100% Fruit Juice</b> <small>Pineapple, Papaya (Red and Yellow), White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Clarified Pineapple Juice from Concentrate (Water, Clarified Pineapple Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavor, Ascorbic Acid (Vitamin C) to Promote Color Retention, and Citric Acid.</small>	198	110	0	0	0	10	26	2	24	<1	6	4	50	2	2
<b>DOLE FRUIT IN GEL, 7 OZ.</b>															
<b>Mixed Fruit in Black Cherry Gel</b> <small>Water, Fruit (Peaches, Pears, Pineapple), Sugar, Carrageenan, Malic Acid, Cochineal Extract (Color), Locust Bean Gum, Fumaric Acid, Natural and Artificial Flavors, Sodium Citrate, Potassium Citrate, Caramel Color, and Ascorbic Acid (To Promote Color Retention).</small>	198	150	0	0	0	40	38	2	36	0	2	-	30	0	0

## Specifications

	Case Code	Pack Size	Case Dimensions L x W x H	Case Weight Net	Case Weight Gross	Case Cube	Cases/Pallet
<b>DOLE FRUIT BOWLS® IN 100% FRUIT JUICE, 7 OZ.</b>							
Mandarin Oranges in 100% Fruit Juice	100-38900-74206-2	12/7 oz.	9.650 x 6.929 x 5.787"	5.25 lbs.	6.28 lbs.	.224 ft.	175
Mixed Fruit in 100% Fruit Juice	100-38900-71924-8	12/7 oz.	9.650 x 6.929 x 5.787"	5.25 lbs.	6.28 lbs.	.224 ft.	175
Sliced Peaches in 100% Fruit Juice	100-38900-71966-8	12/7 oz.	9.650 x 6.929 x 5.787"	5.25 lbs.	6.39 lbs.	.224 ft.	175
Tropical Fruit in 100% Fruit Juice	100-38900-79088-9	12/7 oz.	9.650 x 6.929 x 5.787"	5.25 lbs.	6.28 lbs.	.224 ft.	175
<b>DOLE FRUIT IN GEL, 7 OZ.</b>							
Mixed Fruit in Black Cherry Gel	100-38900-71971-2	12/7 oz.	9.650 x 6.929 x 5.787"	5.25 lbs.	6.56 lbs.	.224 ft.	175



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