



# Frozen Fruit

## Cut Time, Not Fruit™

- ✓ Picked at peak ripeness
- ✓ Washed, cut & ready-to-use
- ✓ Quick-frozen to lock in nutrients and flavors

### APPLES

(Granny Smith)

IQF Sliced - 2/5 lbs.	15111
IQF Sliced - 1/30 lbs.	15119
IQF Chef-Ready Cuts Diced - 2/5 lbs.	15122



### CRANBERRIES

IQF Whole - 2/5 lbs.	60711
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### AVOCADO

IQF Chef-Ready Cuts Diced - 6/2 lbs.	06746
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### DRAGON FRUIT

(Pitaya)

IQF Chef-Ready Cuts Diced - 2/5 lbs.	00330
IQF Smoothie Cuts Diced - 1/30 lbs.	00314



### BANANAS

IQF Chef-Ready Cuts Sliced - 2/5 lbs.	16118
IQF Smoothie Cuts Sliced - 1/30 lbs.	16202



### FREESTONE PEACHES

IQF Sliced - 2/5 lbs.	26111
IQF Sliced - 1/30 lbs.	02012
IQF Sliced in Syrup 5+1 - 1/10 lbs.	27151
IQF Chef-Ready Cuts Diced - 2/5 lbs.	27600
IQF Smoothie Cuts Slivers - 1/30 lbs.	02019
IQF Smoothie Cuts Diced - 1/30 lbs.	02023
IQF Smoothie Cuts Chunks - 1/30 lbs.	02029



### BLACKBERRIES

IQF Whole - 2/5 lbs.	18711
IQF Whole - 1/30 lbs.	18719



### MANGOS

IQF Chunks - 2/5 lbs.	10511
IQF Chunks - 1/20 lbs.	10517
IQF Halves - 1/10 lbs.	10548
IQF Chef-Ready Cuts Cubes	10550
IQF Smoothie Cuts Bits & Pieces - 1/30 lbs.	10561



### BLUEBERRIES

IQF Whole - 2/5 lbs.	11711
IQF Whole - 1/30 lbs.	11719



### MIXED BERRIES

(Blend of Strawberries, Raspberries, Blackberries & Blueberries)

IQF Whole - 2/5 lbs.	06411
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# new! smoothie bowls™

A creamy and delicious frozen treat made with real fruit purée



### Nutrition Facts

	Case Code	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D % DV*	Calcium % DV*	Iron % DV*	Potassium % DV*	Vitamin C % DV*
Strawberry Banana Smoothie Bowls	100-71202-00318-9	128g	100	0	0	0	0	25	2	18	10	<1	0	4	30	20	60
Mango Pineapple Smoothie Bowls	100-71202-00505-3	128g	120	0	0	0	0	29	2	25	10	1	0	6	25	10	220
Pineapple Mango Banana Smoothie Bowls	100-71202-00506-0	128g	120	0	0	0	0	30	2	25	9	1	0	8	40	20	280

### Case Specifications

DOLE Smoothie Bowls™	Pack/Size	Case Dimensions	Case Weight (lb.)	Case Cube (ft.)	Per Case Pallet	Shelf Life
DOLE Smoothie Bowls™	96/4.5 oz.	18.063 x 12.188 x 9.125"	30.40	1.162	56	1 year

### MIXED FRUIT

(Strawberries, Peaches, Mango and Pineapple)

IQF - 2/5 lbs.	16511
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### PLANTAINS

(Sweet)

IQF Chef-Ready Cuts Sliced - 2/5 lbs.	16120
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### PINEAPPLE

IQF Tropical Gold® Chunks - 2/5 lbs.	28511
IQF Tropical Gold Chunks - 1/20 lbs.	28518
IQF Tropical Gold Tidbits - 2/5 lbs.	28918
IQF F200 Tidbits - 1/30 lbs.	28893
IQF Smoothie Cuts Tidbits - 1/30 lbs.	28885
IQF F200 Cubes - 1/30 lbs.	28552
IQF Chef-Ready Cuts	28317
Tropical Gold Cubes - 2/5 lbs.	



### RED PAPAYAS

IQF Chunks - 1/30 lbs.	10526
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### RASPBERRIES

IQF Whole - 2/5 lbs.	22711
IQF Whole - 1/20 lbs.	22714
IQF Crumbles - 4/2.5 lbs.	22910
IQF Smoothie Cuts Crumbles - 1/30 lbs.	22927



### PITTED DARK SWEET CHERRIES

IQF Whole Pitted - 2/5 lbs.	13711
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### STRAWBERRIES

IQF Whole - 2/5 lbs.	17711
IQF Whole - 1/30 lbs.	17719
IQF Chef-Ready Cuts Diced - 2/5 lbs.	17951
IQF Chef-Ready Cuts Sliced - 2/5 lbs.	17930
IQF Sliced 4+1 Dry Sugar - 6/6.5 lbs.	17140
IQF Sliced 4+1 Dry Sugar - 1/30 lbs.	17146
IQF Smoothie Cuts Sortouts - 1/30 lbs.	17923
IQF Smoothie Cuts Diced - 1/30 lbs.	01002



Dole delivers peak season flavor and quality all year long



# Chef-Ready Frozen Fruit Purées

Thaw & create your own signature recipes.

Available in 3 varieties:



MANGO

STRAWBERRY

PEACH



Caribbean Ranch Dressing made with DOLE® Chef-Ready Frozen Mango Purée

### NUTRITION FACTS

DOLE® Chef-Ready Frozen Fruit Purées	Case UPC	Kosher Status	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Potassium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV*	Vitamin D % DV*	Calcium % DV*	Iron % DV*
<b>Mango</b> Mango Purée, White Grape Juice Concentrate and Xanthan Gum.	100-71202-10502-9	Ⓚ	55 g	45	0	0	0	10	10	<1	9	0	0	0	0	0	0
<b>Strawberry</b> Strawberry Purée, White Grape Juice Concentrate and Xanthan Gum.	100-71202-17139-0	Ⓚ	55 g	35	0	0	0	10	0	8	1	5	0	0	0	10	0
<b>Peach</b> Peach Purée (Peach, Ascorbic Acid (to promote color retention), Citric Acid and Malic Acid) and Xanthan Gum.	100-71202-27601-9	Ⓚ	55 g	25	0	0	0	5	105	5	<1	4	0	0	0	0	0

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

### CASE SPECIFICATIONS

DOLE Chef-Ready Frozen Fruit Purées - All Varieties	Pack/Size	Case Dimensions	Case Weight		Per Case Pallet	Shelf Life
			Net	Gross		
DOLE Chef-Ready Frozen Fruit Purées - All Varieties	8/30 oz.	19.188 x 9.813 x 6.125"	15 lb.	16 lb.	96	2-years

KEEP FROZEN. REFRIGERATE ANY UNUSED FRUIT PURÉE. DO NOT REFREEZE.

# The Frozen Fruit Advantage



## Frozen Vs Fresh

### Frozen

#### Picked Perfect

Picked at peak ripeness when fruit is the most nutrient dense.



### Frozen

#### The Clock Stops

Flash freezing locks in nutrients and flavor. Because freezing preserves foods, there is little need for additional additives or preservatives.



### Frozen

#### All of the Fruit

When purchasing frozen fruit you are able to utilize 100% of the product with zero food waste – no peels, no cores, no pits or stems.



### Frozen

#### Dependable

Because the shelf life of frozen fruit is far greater than fresh, fruits that may not currently be in season can still be found in peak ripeness.



### Frozen

#### Sit Back and Relax

All frozen DOLE Fruit is washed, prepped and ready-to-use, savings valuable preparation time in the kitchen and reducing labor cost.



### Fresh

#### Early Pickings

Harvested early to continue ripening process throughout transit.

### Fresh

#### The Clock Starts

Nutrient content begins to diminish after harvest. Fresh fruit may spend up to weeks in warehouses, resulting in inconsistent and sometimes unusable fruit.

### Fresh

#### Some of the Fruit

Utilizing fresh fruit can result in additional product waste due to inconsistent quality, spoilage and fruit loss during the preparation process.

### Fresh

#### Unpredictable

Fresh fruits are subject to seasonal variability, making for an inconsistent and unreliable product source.

### Fresh

#### Roll Up Your Sleeves

Washing, cutting, peeling and coring are just a few of the preparation methods that are often involved in utilizing fresh fruit.

### NUTRITION FACTS

	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*
Apples, Diced IQF	U	1 cup	80	0	0	0	1090	18	2	14	0	0	0	0	2	0	0
Apples, Sliced IQF	U	3/4 cup	80	0	0	0	140	18	2	14	0	0	0	0	2	0	0
Avocado IQF	U	1/4 cup	50	4.5	0.5	0	0	3	2	0	0	<1	0	0	4	0	0
Bananas IQF	U	1 cup	140	0	0	0	0	32	4	17	0	2	0	0	10	0	2
Blackberries IQF	K	1 cup	100	0.5	0	0	0	22	7	15	0	2	4	0	4	4	6
Blueberries IQF	U	1 cup	80	1	0	0	0	17	4	12	0	<1	4	0	0	4	0
Cherries, Dark Sweet Pitted IQF	U	1 cup	100	0	0	0	0	22	3	18	0	1	10	0	6	0	2
Cherries, Red Tart Pitted IQF	U	1 cup	70	0.5	0	0	0	15	2	13	0	1	0	0	4	0	4
Cranberries IQF	U	1/2 cup	30	0	0	0	0	7	2	2	0	0	8	0	0	0	0
Dragon Fruit (Pitaya) IQF	U	1 cup	90	0.5	0	0	15	21	5	12	0	2	0	0	6	0	8
Mango IQF	U	1 cup	90	0.5	0	0	0	21	2	19	0	1	60	0	4	0	0
Mixed Fruit IQF	U	1 cup	70	0	0	0	0	16	2	12	0	<1	90	0	4	0	4
Mixed Berries IQF	K	1 cup	80	0.5	0	0	0	17	5	10	0	1	35	0	4	2	4
Papayas, Red IQF	U	1 cup	70	0	0	0	0	16	2	12	0	<1	90	0	4	0	4
Peaches IQF	U	1 cup	60	0	0	0	0	13	2	9	0	<1	190	0	6	0	2
Pineapple IQF	U	1 cup	80	0	0	0	0	18	2	14	0	<1	70	0	4	0	2
Plantains IQF	U	1 cup	240	0.5	0	0	0	57	1	48	0	2	0	0	15	0	4
Raspberries IQF	K	1 cup	80	1	0	0	0	17	9	6	0	2	40	0	4	2	6
Strawberries IQF	U	1 cup	50	0	0	0	0	13	3	6	0	<1	60	0	4	0	6

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

### CASE SPECIFICATIONS

	Case	Pack/Size	Case Dimensions	Case Weight		Case Cube	Per Case Pallet
				Net	Gross		
Apples Diced Chef-Ready Cuts	100-71202-15122-4	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	13.5 lbs.	0.573	160
Apples Sliced	100-71202-15111-8	2/5#	11.313" x 10.313" x 7.125"	10.0 lbs.	11.0 lbs.	0.481	160
Apples Sliced	100-71202-15119-4	1/30#	15.813" x 12.438" x 9.625"	30.0 lbs.	32.0 lbs.	1.096	54
Avocados Diced Chef-Ready Cuts	100-71202-06746-4	6/2#	15.626" x 9.563" x 6.625"	2.0 lbs.	13.5 lbs.	0.573	130
Bananas Sliced Chef-Ready Cuts	100-71202-16118-6	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	11.0 lbs.	0.447	160
Bananas Sliced IQF Smoothie Cuts	100-71202-16202-2	1/30#	16.063" x 11.535" x 10.354"	30.0 lbs.	32 lbs.	1.110	60
Blackberries Whole	100-71202-18711-7	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	11.0 lbs.	0.447	160
Blackberries Whole	100-71202-18719-3	1/30#	15.813" x 12.438" x 9.625"	30.0 lbs.	32.0 lbs.	1.096	54
Blueberries Whole	100-71202-11711-4	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	11.0 lbs.	0.447	160
Blueberries Whole	100-71202-11719-0	1/30#	19.563" x 11.313" x 8.125"	30.0 lbs.	32.0 lbs.	1.041	56
Cherries Dark Sweet Whole Pitted	100-71202-13711-2	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	11.0 lbs.	0.447	160
Cherries Red Tart Whole Pitted	100-71202-13411-1	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	11.0 lbs.	0.447	160
Cranberries Whole	100-71202-60711-0	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	11.0 lbs.	0.447	160
Dragon Fruit (Pitaya) Chef-Ready Cuts	100-71202-00330-1	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	11.0 lbs.	0.447	160
Dragon Fruit (Pitaya) IQF Smoothie Cuts	100-71202-00314-1	1/30#	15.813" x 12.438" x 9.625"	30.0 lbs.	32 lbs.	1.095	54
Mango Bits & Pieces IQF Smoothie Cuts	100-71202-10561-6	1/30#	15.875" x 12.500" x 9.750"	30.0 lbs.	32 lbs.	1.120	54
Mango Chunks	100-71202-10511-1	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	11.0 lbs.	0.447	160
Mango Chunks	100-71202-10517-3	1/20#	16.563" x 9.063" x 8.625"	20.0 lbs.	21.50 lbs.	0.749	100
Mango Cubes Chef-Ready Cuts	100-71202-10550-0	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	11.0 lbs.	0.447	160
Mango Halves	100-71202-10548-7	10#	11.252" x 10.273" x 6.135"	10.0 lbs.	11.0 lbs.	0.41	144
Mixed Berries	100-71202-06411-1	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	11.0 lbs.	0.447	160
Mixed Fruit	100-71202-16511-5	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	11.0 lbs.	0.447	160
Papaya, Red Chunks	100-71202-10526-5	1/30#	15.813" x 12.438" x 9.625"	30.0 lbs.	32.0 lbs.	1.096	54
Peaches Diced Chef-Ready Cuts	100-71202-27600-2	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	11.0 lbs.	0.447	160
Peaches Diced IQF Smoothie Cuts	100-71202-02023-0	1/30#	15.813" x 12.438" x 9.625"	30.0 lbs.	32 lbs.	1.096	54
Peaches Slicers IQF Smoothie Cuts	100-71202-02019-3	1/30#	15.813" x 12.438" x 10.625"	30.0 lbs.	32 lbs.	1.209	54
Peaches Chunks IQF Smoothie Cuts	100-71202-02029-2	1/30#	15.875" x 12.500" x 9.750"	30.0 lbs.	32 lbs.	1.120	54
Peaches Sliced	100-71202-26111-4	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	11.0 lbs.	0.447	160
Peaches Sliced	100-71202-02012-4	1/30#	15.813" x 12.438" x 10.625"	30.0 lbs.	32.0 lbs.	1.209	54
Peaches In Syrup Sliced 5+1	100-71202-27151-9	1/10#	11.118" x 5.813" x 6.125"	10.0 lbs.	11.0 lbs.	0.231	175
Pineapple Chunks	100-71202-28511-0	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	11.0 lbs.	0.447	160
Pineapple Chunks	100-71202-28518-9	1/20#	15.990" x 11.462" x 7.177"	20.0 lbs.	22.0 lbs.	0.761	90
Pineapple Cubes Chef-Ready Cuts	100-71202-28317-8	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	11.0 lbs.	0.447	160
Pineapple IQF Tropical Gold Tidbits	100-71202-28918-7	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	11.0 lbs.	0.447	160
Pineapple F200 Tidbits	100-71202-28893-7	1/30#	16.063" x 11.535" x 10.354"	30.0 lbs.	32 lbs.	1.110	60
Pineapple Tidbits IQF Smoothie Cuts	100-71202-28885-2	1/30#	16.063" x 11.535" x 10.354"	30.0 lbs.	32 lbs.	1.110	60
Raspberry Crumbles IQF Smoothie Cuts	100-71202-22910-7	4/2.5#	12.813" x 8.251" x 7.375"	10.0 lbs.	11.0 lbs.	0.451	160
Raspberry Crumbles IQF Smoothie Cuts	100-71202-22927-5	1/30#	15.813" x 12.438" x 9.625"	30.0 lbs.	32 lbs.	1.096	54
Raspberries Whole	100-71202-22711-0	2/5#	11.313" x 10.313" x 7.125"	10.0 lbs.	11.0 lbs.	0.481	160
Raspberries Whole	100-71202-22714-1	1/20#	15.813" x 11.813" x 8.125"	20.0 lbs.	22.0 lbs.	0.878	80
Strawberries Diced Chef-Ready Cuts	100-71202-17951-8	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	11.0 lbs.	0.447	160
Strawberries Sliced Chef-Ready Cuts	100-71202-17930-3	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	11.0 lbs.	0.447	160
Strawberries Sliced 4+1 Dry Sugar	100-71202-17146-1	1/30#	11.110" x 11.110" x 12.865"	30.0 lbs.	31.75 lbs.	0.919	64
Strawberries Sliced 4+1 Dry Sugar	100-71202-17140-6	6/6.5#	19.376" x 12.938" x 9.25"	39.0 lbs.	44.0 lbs.	1.342	42
Strawberries Whole	100-71202-17711-8	2/5#	11.313" x 10.313" x 6.625"	10.0 lbs.	11.0 lbs.	0.447	160
Strawberries Whole	100-71202-17719-7	1/30#	15.813" x 12.438" x 9.625"	30.0 lbs.	32.0 lbs.	1.096	54
Strawberries Sortouts	100-71202-17923-5	1/30#	15.813" x 12.438" x 9.625"	30.0 lbs.	32.0 lbs.	1.096	54
Strawberries Diced	100-71202-01002-6	1/30#	15.813" x 12.438" x 9.625"	30.0 lbs.	32.0 lbs.	1.096	54

Visit [www.dolefoodservice.com](http://www.dolefoodservice.com) for recipes, product video overviews and offers or call 800-723-9868 to contact a Dole Representative.



@dolefoodservice #SunshineForAll

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## Frozen Fruits

Seasons Change. We Don't.®



- FROZEN FRUIT IQF
- CHEF-READY FROZEN FRUIT PURÉES
- CHEF-READY CUTS
- SMOOTHIE CUTS
- SMOOTHIE BOWLS™