



Unleash The

# Dragon Fruit

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

\*Source: 4-Year Menu Growth, Datassential. 2022.

- 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



Dragon Fruit Pink Suede Pancakes



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

#### Diced Dragon Fruit (Pitaya) IQF

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Case UPC	Pack/Size	Case Dimensions	Case Weight		Case Cube	Per Case Pallet	Fruit Size	Shelf Life*
			Net	Gross				
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
100-71202-00314-1	1/30 lb.	15.813" x 12.438" x 9.625"	30 lb.	32 lb.	1.096	54	1/2" Dice	2-Years

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

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