



# Chef-Ready Cuts

Cut Time,  
Not Fruit.™



## Features & Benefits

- Picked at peak ripeness
- Washed, cut and ready-to-use
- 100% usable fruit, zero product waste
- 2 Year frozen shelf life\*
- Available in 9 varieties, year-round

Quick-frozen to  
lock in flavor and

Nutrients





# Frozen



# Fresh



**Frozen**  
**Picked at peak ripeness**  
**100% usable fruit**  
**Available year round**  
**Washed, cut & ready-to-use**

**Fresh**  
**Harvested early to ripen during transit**  
**Fruit loss due to prep and spoilage**  
**Subject to seasonal variability**  
**May need washing, cutting, peeling, coring**

## 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	0.5	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>Diced Dragon Fruit (Pitaya) IQF</b> Ingredients: Dragon Fruit.	Ⓢ	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				
<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 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>Diced Dragon Fruit (Pitaya) IQF</b>	100-71202-00314-1	2/5 lb.	11.375" x 10.375" x 6.750"	10 lb.	11 lb.	0.46	160	1/2" Diced	2-Years

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

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.

