



# CHEF-READY CUTS

CUT TIME, NOT FRUIT.™



**QUICK-FROZEN TO LOCK IN FLAVORS AND NUTRIENTS**

Streamline back-of-house operations with DOLE Chef-Ready Cuts IQF Fruit - consistent and delicious fruit year round, without the prep.





# FROZEN VS. 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



## COST SAVINGS CALCULATOR

Discover how much time and money you could save by choosing Dole Chef-Ready Cuts



SCAN TO LEARN MORE

### NUTRITION FACTS

No artificial colors, flavors, or preservatives



Case UPC

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\*

### DOLE® CHEF-READY CUTS

#### Pineapple Cubes IQF

Ingredients: Pineapple.

100-71202-28317-8

Ⓢ

1 cup

80

0

0

0

0

18

2

14

0

<1

70

0

4

0

2

#### Mango Cubes IQF

Ingredients: Mango.

100-71202-10550-0

Ⓢ

1 cup

90

0.5

0

0

0

21

2

19

0

1

60

0

4

0

0

#### Diced Peaches IQF

Ingredients: Peaches, Ascorbic Acid (Vitamin C) To Promote Color Retention, Citric Acid, Malic Acid and Natural Flavors.

100-71202-27600-2

Ⓢ

1 cup

60

0

0

0

0

13

2

9

0

<1

190

0

6

0

2

#### Diced Strawberries IQF

Ingredients: Strawberries.

100-71202-17951-8

Ⓢ

1 cup

50

0

0

0

0

13

3

6

0

<1

60

0

4

0

6

#### Sliced Strawberries IQF

Ingredients: Strawberries.

100-71202-17930-3

Ⓢ

1 cup

50

0

0

0

0

13

3

6

0

<1

60

0

4

0

6

#### Diced Apples IQF

Ingredients: Apples, Salt, Ascorbic Acid (Vitamin C) To Promote Color Retention and Citric Acid.

100-71202-15122-4

Ⓢ

1 cup

80

0

0

0

1090

18

2

14

0

0

-

0

2

0

0

#### Sliced Bananas IQF

Ingredients: Bananas, Ascorbic Acid (Vitamin C) To Promote Color Retention and Citric Acid.

100-71202-16118-6

Ⓢ

1 cup

140

0

0

0

0

32

4

17

0

2

-

0

10

0

2

#### Diced Avocado IQF

Ingredients: Avocado, Citric Acid and Ascorbic Acid (To Promote Color Retention).

100-71202-06743-3

Ⓢ

30g

50

4.5

0.5

0

0

3

2

0

0

<1

2

0

4

0

0

#### Diced Dragon Fruit (Pitaya) IQF

Ingredients: Dragon Fruit.

100-71202-00330-1

Ⓢ

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

#### Chef-Ready Cuts

Pack/Size

Case Dimensions

Case Weight

Net

Gross

Case Cube

Per Case Pallet

2/5 lb.

11.313" x 10.313" x 6.625"

10 lb.

11 lb.

0.447

160

**2-YEAR SHELF LIFE\*\***

\*Bananas have a 1-year shelf life

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



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