



10550 - MANGO CUBES 2/5# DOLE IQF 3/8"

Picked at the peak of ripeness and quick-frozen to lock in nutrients and flavor, DOLE® Chef-Ready Cuts deliver unbeatable time, labor and cost savings.; <http://www.dolefoodservice.com/recipe/226-dole-mango-salsa>

Brand: DOLE



Nutrition Facts

16 servings per container

Serving size 1 cup (140g)

Amount per serving

Calories 90

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 21g 8%

Dietary Fiber 2g 7%

Total Sugars 19g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0% • Calcium 0mg 0%

Iron 0mg 0% • Potassium 240mg 4%

Vitamin A 80mcg 8%

Vitamin C 51mg 60%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutritional/Diet Claims: Kosher PAREVE

Ingredients

Mango.

Case Specifications

GTIN	10071202105500	Case Gross Weight	11 LB
Pack Size	2 / 5LB	Case Net Weight	11 LB
		Case L,W,H	11.31 IN, 10.31 IN, 6.63 IN
Tie x High [Total]	16 x 10 [160]	Cube	0.45 CF

Preparation and Cooking

Keep frozen until use. Baking: Do not thaw. Use fruit while frozen. To thaw: Place unopened bag on shelf rack, in refrigerator (36 to 38F) for 1-1/2 to 2-1/2 hours, turning over occasionally, until desired firmness or partially thawed. Serve slightly frozen.

Serving Suggestions

Mango is a versatile fruit that lends itself to a variety of dishes including tacos, sandwiches, stir-fry, salads, desserts, smoothies and parfaits.

Product Features and Benefits

- High Quality Fruit
- Trusted Brand Name
- Washed, Cut & Ready-to-Use
- 100% Usable Fruit, Zero Product Waste
- Resealable Bags, Individually Marked With ""Best By"" Date

Packaging and Storage

Keep frozen. Store at 0°F or below at all times.

Allergens

FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Milk or Milk Derivatives, Peanuts or Peanut Derivatives, Sesame seeds or Sesame seed Derivatives, Soybeans or Soybean Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives