28317 - PINEAPPLE CUBE 2/5# MG3 IQF DL 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.

Brand: DOLE

Nutrition Facts

16 servings per container

Serving size   **1 cup (140g)**

Amount per serving

Calories   80

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 18g	**7%**
Dietary Fiber 2g	**7%**
Total Sugars 14g	
Includes 0g Added Sugars	**0%**
Protein <1g	

Vitamin D 0mcg 0%	•	Calcium 0mg 0%
Iron 0.4mg 2%	•	Potassium 150mg 4%
Vitamin C 67mg 70%		

* 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: Gluten Free, Vegan, Kosher PAREVE, Halal

Ingredients

Pineapple.

Case Specifications

GTIN	10071202283178	**Case Gross Weight**	11 LB
Pack Size	2 / 5LB	**Case Net Weight**	10 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

Baking: Do not thaw. Use fruit while frozen. Thawing: 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

Pineapple cubes are ideal for salads, stir-fry, smoothies, salads and desserts.

Product Features and Benefits

High Quality Fruit Trusted Brand Name Washed, Prepped & 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, Sesameseeds or Sesameseed Derivatives, Soybeans or Soybean Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives, Gluten or Gluten Derivatives