



10517 - MANGO CHKS 1/20# IQF DOLE

Frozen DOLE® Fruit is picked at the peak of ripeness and quick-frozen to lock in both nutrients and flavor.

Brand: DOLE



Nutrition Facts

65 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 7%

Dietary Fiber 2g 8%

Total Sugars 19g

Includes g Added Sugars 0%

Protein 1g 0%

Vitamin D % Calcium 20mg 2%

Iron 0mg 0% Potassium 240mg 8%

Vitamin A 1,500IU 30%

Vitamin C 48mg 80%

* 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.

Ingredients

Mango

Case Specifications

GTIN	10071202105173	Case Gross Weight	21.50 LB
UPC		Case Net Weight	20 LB
Pack Size	1 / 20LB	Case L,W,H	16.56 IN, 9.06 IN, 8.63 IN
		Cube	0.75 CF
Tie x High	10 x 9		

Preparation and Cooking

Ready to Eat, Thaw

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, Prepped & Ready-to-Use
- 100% Usable Fruit, Zero Product Waste

Packaging and Storage

Do not allow contents of this case to thaw.

Allergens

FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Milk or Milk Derivatives, Mustard or Mustard Derivatives, Peanuts or Peanut Derivatives, Sesameseeds or Sesameseed Derivatives, Soybeans or Soybean Derivatives, Sulphites or Sulphite Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives