



CHEF-READY CUTS

CUT TIME, NOT FRUIT.™

Perfectly sliced, cubed and diced fruit that delivers unbeatable time, labor and cost savings.



DRAGON FRUIT SMOOTHIE

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

*Sliced bananas have a 1-year frozen shelf life.

STRAWBERRY SHORTCAKE



HONG BOMB CRISPY CHICKEN SANDWICH WITH PINEAPPLE SLAW

QUICK-FROZEN TO LOCK IN FLAVORS AND NUTRIENTS



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

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*
Pineapple Cubes IQF Ingredients: Pineapple.	Ⓢ	1 cup	80	0	0	0	0	18	2	14	0	<1	70	0	4	0	2
Mango Cubes IQF Ingredients: Mango.	Ⓢ	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.	Ⓢ	1 cup	60	0	0	0	0	13	2	9	0	<1	190	0	6	0	2
Diced Strawberries IQF Ingredients: Strawberries.	Ⓢ	1 cup	50	0	0	0	0	13	3	6	0	<1	60	0	4	0	6
Sliced Strawberries IQF Ingredients: Strawberries.	Ⓢ	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.	Ⓢ	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.	Ⓢ	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).	Ⓢ	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.	Ⓢ	1 cup	90	0.5	0	0	15	21	5	12	0	2	0	0	6	0	8
Plantains IQF Coming Soon! Ingredients: Plantains.	Ⓢ	1 cup	240	0.5	0	0	0	57	1	48	0	2	0	0	15	0	4

* Percentages based on the daily value of a 2,000 calorie diet.

CASE SPECIFICATIONS

CASE SPECIFICATIONS	Case UPC	Pack/Size	Case Dimensions	Case Weight		Case Cube	Per Case Pallet	Fruit Size
				Net	Gross			
DOLE® CHEF-READY CUTS								
Pineapple Cubes IQF	100-71202-28317-8	2/5 lb.	11.313" x 10.313" x 6.625"	10 lb.	11 lb.	0.447	160	3/8" Cubes
Mango Cubes IQF	100-71202-10550-0	2/5 lb.	11.313" x 10.313" x 6.625"	10 lb.	11 lb.	0.447	160	3/8" Cubes
Diced Peaches IQF	100-71202-27600-2	2/5 lb.	11.313" x 10.313" x 6.625"	10 lb.	11 lb.	0.447	160	3/8" Diced
Diced Strawberries IQF	100-71202-17951-8	2/5 lb.	11.313" x 10.313" x 6.625"	10 lb.	11 lb.	0.447	160	1/2" Diced
Sliced Strawberries IQF	100-71202-17930-3	2/5 lb.	11.313" x 10.313" x 6.625"	10 lb.	11 lb.	0.447	160	Sliced
Diced Apples IQF	100-71202-15122-4	2/5 lb.	11.313" x 10.313" x 6.625"	10 lb.	11 lb.	0.447	160	1/2" Diced
Sliced Bananas IQF	100-71202-16118-6	2/5 lb.	11.313" x 10.313" x 6.625"	10 lb.	11 lb.	0.447	160	Sliced
Diced Avocado IQF	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
Diced Dragon Fruit (Pitaya) IQF	100-71202-00330-1	2/5 lb.	11.313" x 10.313" x 6.625"	10 lb.	11 lb.	0.447	160	1/2" Diced
Plantains IQF Coming Soon!	100-71202-16120-9	2/5 lb.	11.313" x 10.313" x 6.625"	10 lb.	11 lb.	0.447	160	Sliced

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

Visit www.dolefoodservice.com for recipes, product video overviews and offers or call 800-723-9868 to contact a Dole Representative.



@dolefoodservice #SunshineForAll