



# CHEF-READY CUTS DICED AVOCADOS

- Pre-cut & ready-to-use
- Zero prep or product waste
- Vibrant color, without the browning
- Quick-frozen to lock in nutrients



**AVOCADOS ARE A GOOD SOURCE OF  
FIBER AND CONTAIN HEALTHY FATS.<sup>(1)</sup>**

1) Harvard School of Public Health, April 2022.

**Did You Know?**

Avocado is the  
**MOST POPULARLY  
MENUED** fruit on US Menus.<sup>(2)</sup>

2) Datassential, 2023.



# THE SECRET TO SUPERIOR SMOOTHIES IS AVOCADO.



Avocado is a trending smoothie ingredient with a 4-year growth of **+24.6%** <sup>(2)</sup>

2) Datassential, 2023.

## DITCH THE DAIRY.

Avocados give smoothies a rich and creamy texture without the need for dairy.

### Nutrition Facts

#### Diced Avocados IQF

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

| 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* |
|--------------|----------|---------------|-------------------|---------------|-------------|-----------|-----------|------------------|------------------|-------------|-----------------|-----------------|-----------------|---------------|------------|
| 30g          | 50       | 4.5           | 0.5               | 0             | 0           | 3         | 2         | 0                | 0                | <1          | 2               | 0               | 4               | 0             | 0          |

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

### Case Specifications

|                    | Case UPC          | Pack/Size | Case Dimensions            | Case Weight |        | Case Cube | Per Case Pallet | Fruit Size |
|--------------------|-------------------|-----------|----------------------------|-------------|--------|-----------|-----------------|------------|
|                    |                   |           |                            | Net         | Gross  |           |                 |            |
| Diced Avocados IQF | 100-71202-06743-3 | 2/5 lb.   | 11.313" x 10.313" x 6.625" | 10 lb.      | 11 lb. | 0.447     | 160             | 1/2" Diced |

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



**Want to know more?**

Scan the code or visit [www.dolefoodservice.com/product/267](https://www.dolefoodservice.com/product/267)  
To contact a Dole representative, call 800-723-9868.



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