

381564 - 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>

**MARKETING**

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

Nutrition Facts

16 Servings per container

Serving Size**1 cup (140g)****Amount Per Serving****Calories****90**

% Daily Value*

Total Fat 0.5**1%**

Saturated Fat 0 g

0%

Trans Fat 0 g

Cholesterol 0 mg**0%****Sodium** 0 mg**0%****Total Carbohydrates** 21 g**8%**

Dietary Fiber 2 g

7%

Total Sugars 19 g

Includes 0 g Added Sugars

0%**Protein** 1 g

Vitamin D 0 mcg

0%

Calcium 0 mg

0%

Iron 0 mg

0%

Potassium 240 mg

4%

* The % Daily Values (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.

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
10550	381564	10071202105500	2/5 lbs

Brand	Brand Owner	GPC Description
DOLE	DOLE PACKAGED FOODS LLC	Fruit - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11 LBR	10 LBR	No	PE, CR, MX	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
11.313 INH	10.313 INH	6.625 INH	0.447 FTQ	16x10	730 Days	-10 FAH / 0 FAH

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soy - N
- Wheat - N
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - N
- Shellfish - NI

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.

INGREDIENTS

MANGO.

HANDLING SUGGESTIONS

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

PREPARATION & COOKING SUGGESTIONS

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.

MORE INFORMATION

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**NUTRITIONAL ANALYSIS**

Calories	90
Protein	1 g
Total Carbohydrates	21 g
Sugars	19 g
Dietary Fiber	2 g
Lactose	
Sucrose	
Vitamin A (IU)	80
Vitamin A (RE)	80
Vitamin C	51 mg
Magnesium	
Monosodium	

Total Fat	0.5
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	0 mg
Iron	0 mg
Potassium	240 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

KOSHER	YES
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