

DOLE

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

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	TlxHI	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
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
NOT_APPLICABLE	N/A	N/A	N/A			

HANDLING SUGGESTIONS

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

- 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

Soybean - N

Wheat - N

Sesame - N

Peanuts - N

Tree - N

Fish - N

Shellfish - NI

Crustaceans - N
- Nutrition Facts

16 Servings per container

Serving Size1 cup (140g)

Amount Per Serving

Calories90

% Daily Value*

Total Fat0.51%

Saturated Fat0 g0%

Trans Fat0 g

Cholesterol0 mg0%

Sodium0 mg0%

Total Carbohydrates21 g8%

Dietary Fiber2 g7%

Total Sugars19 g

Includes 0 g Added Sugars0%

Protein1 g

Vitamin D0 mcg0%

Calcium0 mg0%

Iron0 mg0%

Potassium240 mg4%

* 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.
- INGREDIENTS

MANGO.
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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.

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.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	90	Total Fat	0.5	Sodium	0 mg
Protein	1 g	Trans Fat	0 g	Calcium	0 mg
Total Carbohydrates	21 g	Saturated Fat	0 g	Iron	0 mg
Sugars	19 g	Added Sugars	0 g	Potassium	240 mg
Dietary Fiber	2 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)	80	Vitamin D	0 mcg	Thiamin	
Vitamin A (RE)	80	Vitamin E		Niacin	
Vitamin C	51 mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

KOSHER	YES
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