## 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** 

0%

	% 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%

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%

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

## 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	TIxHI	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**



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.

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'



(%) Peanuts - N



(13) Tree Nuts - N



Fish - N



Shellfish - NI



## **INGREDIENTS**

MANGO.

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advice.

## HANDLING SUGGESTIONS

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



**PREPARATION & COOKING SUGGESTIONS** 

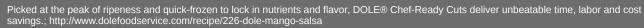
Keep frozen until use. Baking: Do not thaw. Use fruit while frozen. To thaw: Place unopened bag on shelf rack, in refrigerator (36 to 38F) for 1-1/2 to 2-1/2 hours, turning over occasionally, until desired firmness or partially thawed. Serve slightly frozen.

## MORE INFORMATION



## DOLE

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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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