

382000 - MIXED BERRY 2/5# ZIP

Frozen DOLE® Fruit is picked at the peak of ripeness and quick-frozen to lock in both nutrients and flavor.; Washed, prepped and ready to use, our IQF fruit is the ideal labor savings solution.



MARKETING

•High Quality Fruit. • Washed, Prepped & Ready-to-Use. • 100% Usable Fruit, Zero Product Waste

Nutrition Facts

16 Servings per container

Serving Size

1 cup (140g)

Amount Per Serving

Calories

80

% 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 17 g

6%

Dietary Fiber 5 g

18%

Total Sugars 10 g

Includes 0 g Added Sugars

0%

Protein 1 g

Vitamin D 0 mcg

0%

Calcium 30 mg

2%

Iron 0.9 mg

4%

Potassium 180 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
06411	382000	10071202064111	2 x 5#

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

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

Create a sweet and refreshing Mixed Berry Sangria or use as an addition to sauces, yogurt, pies, pancakes and other baked goods.

INGREDIENTS

STRAWBERRIES, BLACKBERRIES, BLUEBERRIES, AND RASPBERRIES.

HANDLING SUGGESTIONS

Keep frozen.

PREPARATION & COOKING SUGGESTIONS

Ready to Eat

MORE INFORMATION



Frozen DOLE® Fruit is picked at the peak of ripeness and quick-frozen to lock in both nutrients and flavor.; Washed, prepped and ready to use, our IQF fruit is the ideal labor savings solution.

NUTRITIONAL ANALYSIS



Calories	80
Protein	1 g
Total Carbohydrates	17 g
Sugars	10 g
Dietary Fiber	5 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	29 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	30 mg
Iron	0.9 mg
Potassium	180 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



GLUTEN	FREE_FROM
--------	-----------

KOSHER	YES
--------	-----

MORE IMAGES

