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



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**

	% 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 ma 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



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	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

HANDLING SUGGESTIONS

Keep frozen.



SERVING SUGGESTIONS



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

PREPARATION & COOKING SUGGESTIONS

Ready to Eat

INGREDIENTS

STRAWBERRIES, BLACKBERRIES, BLUEBERRIES, AND RASPBERRIES.



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

(S) Peanuts - N

(()) Eggs - N











MORE INFORMATION



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





