Dot Foods Inc.

8438 - **Mango Cubes 2/5# Dole Iqf 3/8"**

Picked at the peak of ripeness and quick-frozen to lock in nutrients and flavor, DOLEÂ® Chef-Ready Cuts deliver unbeatable time, labor and cost savings.

Benefits

•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

Ingredients

MANGO.

Allergens

Free From:

crustaceans, eggs, fish, dairy, peanuts, sesame, soy, tree nuts, wheat

Nutrition Facts

Servings per Container	**16**
Serving size	**1 cup (140g)**
Amount per serving	
Calories	**90**
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 2g	**7%**
Total Sugars 19g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0µg	**0%**
Calcium 0mg	**0%**
Iron 0mg	**0%**
Potassium 240mg	**5%**

* The % Daily Value (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.

Handling Suggestions

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

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.

Prep & Cooking Suggestions

Ready to Eat, Thaw

Product Specifications

Brand	Manufacturer	Product Category
Dole	DOLE PACKAGED	Fruit, Other, Canned or Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
10550	8438	10071202105500		2/5 lbs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11lb	10lb	PER	Yes	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
11.31in	10.31in	6.63in	0.45ft3	16x10	730DAYS	-10°F / 0°F

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Nutrition Analysis

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

Additional Images