



CHEF-READY CUTS

CUT TIME, NOT FRUIT.™

Perfectly ripe fruit that delivers unbeatable time, labor, and cost savings.



DRAGON FRUIT SMOOTHIE



HONG BOMB CRISPY CHICKEN SANDWICH WITH PINEAPPLE SLAW

QUICK-FROZEN TO LOCK IN FLAVORS AND NUTRIENTS

- ✓ Picked at peak ripeness
- ✓ Washed, prepped, and ready-to-use
- ✓ 100% usable fruit, zero product waste
- ✓ 2-year frozen shelf life*
- ✓ Available in 9 varieties, year-round

*Sliced bananas have a 1-year frozen shelf life.

STRAWBERRY SHORTCAKE





FROZEN

VS.

FRESH



Frozen
Picked at peak ripeness
100% usable fruit
Available year-round
Washed, cut, & ready-to-use

Fresh
Harvested early to ripen during transit
Fruit loss due to prep and spoilage
Subject to seasonal variability
May need washing, cutting, peeling, coring

NUTRITION FACTS

No artificial colors, flavors, or preservatives



DOLE® CHEF-READY CUTS

	Kosher Status	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin C % DV*	Vitamin D % DV*	Potassium % DV*	Calcium % DV*	Iron % DV*
Pineapple Cubes IQF Ingredients: Pineapple.	Ⓢ	1 cup	80	0	0	0	0	18	2	14	0	<1	70	0	4	0	2
Mango Cubes IQF Ingredients: Mango.	Ⓢ	1 cup	90	0.5	0	0	0	21	2	19	0	1	60	0	4	0	0
Diced Peaches IQF Ingredients: Peaches, Ascorbic Acid (Vitamin C) To Promote Color Retention, Citric Acid, Malic Acid and Natural Flavors.	Ⓢ	1 cup	60	0	0	0	0	13	2	9	0	<1	190	0	6	0	2
Diced Strawberries IQF Ingredients: Strawberries.	Ⓢ	1 cup	50	0	0	0	0	13	3	6	0	<1	60	0	4	0	6
Sliced Strawberries IQF Ingredients: Strawberries.	Ⓢ	1 cup	50	0	0	0	0	13	3	6	0	<1	60	0	4	0	6
Diced Apples IQF Ingredients: Apples, Salt, Ascorbic Acid (Vitamin C) To Promote Color Retention and Citric Acid.	Ⓢ	1 cup	80	0	0	0	1090	18	2	14	0	0	-	0	2	0	0
Sliced Bananas IQF Ingredients: Bananas, Ascorbic Acid (Vitamin C) To Promote Color Retention and Citric Acid.	Ⓢ	1 cup	140	0	0	0	0	32	4	17	0	2	-	0	10	0	2
Diced Avocado IQF Ingredients: Avocado, Citric Acid and Ascorbic Acid (To Promote Color Retention).	Ⓢ	30g	50	4.5	0.5	0	0	3	2	0	0	<1	2	0	4	0	0
Diced Dragon Fruit (Pitaya) IQF Ingredients: Dragon Fruit.	Ⓢ	1 cup	90	0.5	0	0	15	21	5	12	0	2	0	0	6	0	8

* Percentages based on the daily value of a 2,000 calorie diet.

CASE SPECIFICATIONS

DOLE® CHEF-READY CUTS									
Pineapple Cubes IQF	100-71202-28317-8	2/5 lb.	11.313" x 10.313" x 6.625"	10 lb.	11 lb.	0.447	160	3/8" Cubes	2-Years
Mango Cubes IQF	100-71202-10550-0	2/5 lb.	11.313" x 10.313" x 6.625"	10 lb.	11 lb.	0.447	160	3/8" Cubes	2-Years
Diced Peaches IQF	100-71202-27600-2	2/5 lb.	11.313" x 10.313" x 6.625"	10 lb.	11 lb.	0.447	160	3/8" Diced	2-Years
Diced Strawberries IQF	100-71202-17951-8	2/5 lb.	11.313" x 10.313" x 6.625"	10 lb.	11 lb.	0.447	160	1/2" Diced	2-Years
Sliced Strawberries IQF	100-71202-17930-3	2/5 lb.	11.313" x 10.313" x 6.625"	10 lb.	11 lb.	0.447	160	Sliced	2-Years
Diced Apples IQF	100-71202-15122-4	2/5 lb.	11.313" x 10.313" x 6.625"	10 lb.	11 lb.	0.447	160	1/2" Diced	2-Years
Sliced Bananas IQF	100-71202-16118-6	2/5 lb.	11.313" x 10.313" x 6.625"	10 lb.	11 lb.	0.447	160	Sliced	12 Months
Diced Avocado IQF	100-71202-06743-3	2/5 lb.	15.626" x 9.563" x 6.625"	10 lb.	11 lb.	0.447	160	1/2" Diced	2-Years
Diced Dragon Fruit (Pitaya) IQF	100-71202-00330-1	2/5 lb.	11.313" x 10.313" x 6.625"	10 lb.	11 lb.	0.447	160	1/2" Diced	2-Years

*"Best By" date printed on each case and individual bag. **KEEP FROZEN. WASHED AND READY TO EAT.**



Want to know more?

Scan the code or visit www.dolefoodservice.com/chef-ready-cuts
To contact a Dole representative, call 800-723-9868.



@dolefoodservice #SunshineForAll