



**DOLE**  
**006102 - Mango Cubes Diced lqf**

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>



**Nutrition Facts**

Servings per Container 16  
Serving size 1cup(140g)

Amount per serving  
**Calories 90**

	% Daily Value*
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 19g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 240mg	<b>5%</b>

\* 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.

**\* 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 milk  
 peanuts sesame soy tree nuts  
 wheat

**Handling Suggestions**

Keep frozen. Store at 0F 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**

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.

**📄 Product Specifications**

Brand	Manufacturer	Product Category
DOLE	Dole Packaged Foods Company	Fruit, Canned & Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
10550	006102	10071202105500	2	2 / ea

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
11lb	10lb	No	PER	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	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 - By Serving

Calories	90	Total Fat	0.5g	Sodium	0mg
Protein	1	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)•	80	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	51mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

