



06743 - AVOCADO DICED 2/5# IQF CHEF READY

Our Avocados are picked at peak ripeness, frozen to lock in flavor and checked for quality assurance.; • Picked at peak ripeness.; • Frozen to lock in flavor.; • Checked for quality assurance.

Brand: DOLE

Nutrition Facts

75 servings per container
Serving size 1/4 cup 30 grm (30g)

Amount per serving
Calories 50

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%

Protein <1g	
Vitamin D 0mcg 0%	Calcium 0mg 0%
Iron 0mg 0%	Potassium 150mg 4%

* 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.

Ingredients

Avocado, Citric Acid, And Ascorbic Acid (Vitamin C) To Promote Color Retention.

Case Specifications

GTIN	10071202067433	Case Gross Weight	11 LB
Pack Size	2 / 5LB	Case Net Weight	10 LB
		Case L,W,H	11.31 IN, 10.31 IN, 6.63 IN
Tie x High [Total]	16 x 10 [160]	Cube	0.45 CF

Preparation and Cooking

Thaw desired amount on plate at room temperature for approximately 30 minutes or place in microwave-safe dish and thaw on Defrost setting for 1 minute. Serve slightly frozen. Do not refreeze.

Serving Suggestions

Great for Guacamole & Smoothies!

Product Features and Benefits

- Washed, Prepped & Ready-to-Use
 - Non GMO.** ***No genetically modified (or engineered) ingredients.
- Kosher

Packaging and Storage

KEEP FROZEN UNTIL USE

Allergens

FREE FROM:
Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Milk or Milk Derivatives, Peanuts or Peanut Derivatives, Sesame seeds or Sesame seed Derivatives, Soybeans or Soybean Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives

Nutritional/Diet Claims: Kosher PAREVE