



03065 - 36/4 OZ MIXED FRUIT IN JUICE

DOLE Fruit Bowls in 100% Fruit Juice are a convenient and delicious snack that provides 1/2 cup fruit per USDA Meal Pattern Requirements.

Brand: DOLE



Nutrition Facts

Serving Size 1 container (113g)
Servings Per Container: 1

Amount Per Serving

Calories 70

% Daily Value*

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 0 mg 0%

Potassium 110 mg 2%

Total Carbohydrate 16 g 6%

Dietary Fiber 2 g 7%

Sugars 13 g

Protein <1 g

Vitamin A 0% • Vitamin C 30%

Calcium 0 mg • Iron 0 mg

Vitamin D 0 mcg •

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbs.		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Peaches, Pineapple, Pears, Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C) To Promote Color Retention, And Citric Acid.

Case Specifications

GTIN	10038900030657	Case Gross Weight	10.85 LB
UPC		Case Net Weight	9 LB
Pack Size	36 / 4OZ	Case L,W,H	12.81 IN, 9.69 IN, 6.38 IN
Shelf Life	365 Days	Cube	0.46 CF
Tie x High	15 x 7		

Preparation and Cooking

Ready to Eat

Serving Suggestions

Ideal as a snack, side, salad addition or dessert.

Benefits of Using This Product

- Packed in 100% Fruit Juice.
- Great Grab 'N Go Snack
- No Refrigeration Required Before Opening
- Non-GMO Project Verified
- BPA-Free
- All 4 oz. Fruit Bowls in 100% Fruit Juice Credit as 1/2 Cup Fruit Per USDA Meal Pattern Requirements

Packaging and Storage

Store at ambient temperatures

Allergens

FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Milk or Milk Derivatives, Peanuts or Peanut Derivatives, Sesameseeds or Sesameseed Derivatives, Soybeans or Soybean Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives