

NUTRITIONAL **FACTS**

VEGAN • DAIRY FREE • GLUTEN FREE



DOLE SOFT SERVE® Pineapple-Flavored

Naturally & Artificially Flavored

Nutrition Facts About 72 servings per container Serving size [Makes 2/3 Cup Soft Serve (117g)]	
Amount per serving Calories	110
Total Fat 0.5g	% Daily Value*
Saturated Fat 0.5q	1%
Trans Fat 0o	3%
Cholesterol Omg	0%
Sodium 10mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 25g Added Sugars	50%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron Omg	0%
Potassium 1mg	0%
"The % Daily Value tells you how much a nutric confributes to a daily diet. 2,000 calories a day nutrition advice.	

INGREDIENTS: SLIGAR, DEXTROSE. STABILIZERS (HYDROXYPROPYL METHYLCELLÜLOSE, LOCUST BEAN GUM, GUAR GUM, KARAYA GUM, PECTIN, CELLULOSE GUM, XANTHAN GUM), COCONUT OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: MALTODEXTRIN, CITRIC ACID. NATURAL & ARTIFICIAL FLAVOR MODIFIED FOOD STARCH, MALIC ACID. BETA CAROTENE (COLOR), MONO & DIGLYCERIDES, SILICON DIOXIDE (ANTICAKING).

DOLE SOFT SERVE® Cherry-Flavored

With Other Natural Flavors Nutrition Footo

	CLS
About 72 servings per container Serving size 2 Tb [Makes 2/3 Cup Soft Servi	sp (28g) e (117g)]
Amount per serving Calories	110
Total Fat 0.5g	Daily Value* 1%
Saturated Fat 0.5g Trans Fat 0g	3%
Cholesterol 0mg	0%
Sodium 10mg Total Carbohydrate 26g	0% 9%
Dietary Fiber 0g Total Sugars 24g	0%
Includes 24g Added Sugars	48%
Protein 0g	
Vitamin D 0mcg Calcium 8mg	0%
Iron Omg	0%
Potassium 0mg "The % Daily Value tells you how much a nutrient in a se contributes to a daily diet. 2,000 calories a day is used for	rving of food

INGREDIENTS: SUGAR, DEXTROSE. NATURAL FLAVOR, COLOR (CARROT CONCENTRATE, APPLE CONCENTRATE, HIBISCUS CONCENTRATE), STABILIZERS (HYDROXYPROPYL METHYLCELLULOSE. LOCUST BEAN GUM, GUAR GUM, KARAYA GUM, PECTIN, CELLULOSE GUM, XANTHAN GUM), COCONUT OIL CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CITRIC ACID. MALTODEXTRIN, MODIFIED FOOD STARCH, MONO & DIGLYCERIDE, SILICON DIOXIDE (ANTICAKING).

DOLE SOFT SERVE®

Artificially Flavored

Nutrition Facts About 72 servings per container Serving size 2 Tbsp (28g) [Makes 2/3 Cup Soft Serve (117g)]	
Amount per serving Calories	110
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 25g Added Sugars	50%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron Omo	0%
Potassium 2mg	0%
"The % Daily Value tells you how much a nutrient contributes to a daily diet. 2,000 calories a day is unutrition advice.	n a serving of food

INGREDIENTS: SUGAR, DEXTROSE, MALTODEXTRIN, NATURAL FLAVOR, STABILIZERS (HYDROXYPROPYL METHYLCELLÜLOSE, LOCUST BEAN GUM, GUAR GUM, KARAYA GUM, PECTIN, CELLULOSE GUM, XANTHAN GUM), COCONUT OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CITRIC ACID, COLOR (BLACKCURRENT POWDER, RADISH CONCENTRATE, APPLE CONCENTRATE), MODIFIED FOOD STARCH, MONO & DIGLYCERIDES, SILICON DIOXIDE (ANTICAKING).

DOLE SOFT SERVE® Watermelon-Flavored Pomegranate-Flavored

<u>Nutrition</u>	
About 72 servings per container Serving size 2 Tbsp (28 [Makes 2/3 Cup Soft Serve (117g	
Amount per serving Calories	11
	% Daily Val
Total Fat 0.5g	
Saturated Fat 0.5g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 10mg	
Total Carbohydrate 25g	
Dietary Fiber 0g	
Total Sugars 24g	
Includes 24g Added Sugars	4
Protein 0g	
Vitamin D 0mog	
Calcium 9mg	
Iron Omg	
Potassium 1mg	

INGREDIENTS: SUGAR, DEXTROSE MALTODEXTRIN, COCONUT OIL, CITRIC ACID, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: COLOR (CARROT CONCENTRATE BLACKCURRANT CONCENTRATE), ASCORBIC ACID, STABILIZERS (GUAR GUM, CELLULOSE GUM, XANTHAN GUM), NATURAL FLAVOR, MODIFIED FOOD STARCH, MONO & DIGLYCERIDES, SILICON DIOXIDE (ANTICAKING).

SERVING SIZE: 5.3 oz (2/3 cup) SOFT SERVE PREPARED (117g)

DOLE SOFT SERVE® Orange-Flavored

With Other Natural Flavors

Nutrition	Facts
About 72 servings per conta Serving size [Makes 2/3 Cup So	2 Tbsp (28g)
Amount per serving Calories	110
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 24g	
Includes 24g Added Sugars	48%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron Omg	0%
Potassium 0mg	0%
"The % Daily Value tells you how much a nutri- contributes to a daily diet. 2,000 calories a day nutrition advice.	ent in a serving of food r is used for general

INDREDIENTS: SUGAR, DEXTROSE, STABILIZERS (HYDROXYPROPY IMFHETH, CELLULOSE, LOCUST BEAN GUM, GUAR GUM, KARRYA GUM, PEOTIN, CELLULOSE GUM, GUAR AND KARRYA GUM, PEOTIN, CELLULOSE GUM, SOCIANT GUM, COCONITO IL CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: COTIRIC ACID, MALTODEXTRIN, NATURAL FLAVOR, COLOR TURMERIC EXTRACT, ANNATTO EXTRACT, CONCENTRATE RADISH, APPLE BLACKCURRANT), MODIFIED FOOD STARCH, MONO & DIGLYCERIDES, SULICON DIOXIDE ANTICAMINE.

DOLE SOFT SERVE® Lime-Flavored

Naturally Flavored

Nutrition F About 72 servings per containe Serving size [Makes 2/3 Cup Soft	r 2 Tbsp (28g)
Amount per serving Calories	110
	% Daily Value
Total Fat 0.5g	19
Saturated Fat 0.5g	39
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 10mg	09
Total Carbohydrate 26g	99
Dietary Fiber 0g	09
Total Sugars 24g	
Includes 24g Added Sugars	489
Protein 0g	
Vitamin D 0mog	09
Calcium 8mg	09
Iron Omg	09
Potassium 0mg	09

INGREDIENTS: SUGAR, DEXTROSE, LIME JUICE POWDER (CONTAINS MALTODEXTRIN). LIME JUICE SOLIDS, LIME OIL), CITRIC ACID, STABILIZERS (HYPOROXYPROPYL METHYLGELLILOSE, LOCUST BEAN GUM, GUAR GUM, KARAYA GUM, PECTIN, CELLULOSE GUM, XANTHAN GUM), COCONUTT OIL, CONTAIN 25% OR LESS OF EAGH OF THE FOLLOWING: MALTODEXTRIN, NATURAL FLAVOR, MODIFIED FOOD STARCH, MALIC ACID, COLOR (TURMERIC EXTRACT, SPIRULINA EXTRACT), MOND & DIGLYCERIDES, SILICON DIOXDE (ANTICAKING).

DOLE SOFT SERVE® Raspberry-Flavored

With Other Natural Flavors

About 72 servings per container Serving size 2 Tbsp (29g) [Makes 2/3 Cup Soft Serve (117g)]	
Amount per serving Calories	110
	% Daily Value
Total Fat 0.5g	1
Saturated Fat 0.5g	3
Trans Fat 0g	
Cholesterol 0mg	0
Sodium 5mg	0
Total Carbohydrate 27g	10
Dietary Fiber 0g	0
Total Sugars 26g	
Includes 26g Added Sugars	52
Protein 0g	
Vitamin D 0mcg	0
Calcium 9mg	0
Iron Omg	0
Potassium 0mg	0

INGREDIENTS SUGAP, DEXTROSE, MALTODEXTRIN, STABILIZERS (HYDROXYPROPYL METHYLCELLULOSE, LOCUST BEAR GUM, GUAR GUM, KARAYA GUM, PECTIN, CELLULOSE GUM, XANTHAN GUM), COCONUT OLL, CONTAINS '80' OR LESS OF EACH OF THE FOLLOWING: CITRIC ACID, ASCORBIC ACID, COLOR (CARROT & HIBISCUS CONCENTRATE, CARAMEL COLOR, CARROT EXTRACT), NATURAL FLAVOR, MODIFIED FOOD STARCH, MONO & DIGLYCERIDES, SILLICON DIOXNOE, ANTIGANES.

DOLE SOFT SERVE® Lemon-Flavored

Naturally Flavored

Nutrition	Facts
About 72 servings per conta Serving size [Makes 2/3 Cup So	2 Tbsp (28g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 24g	
Includes 23g Added Sugars	46%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron Omg	0%
Potassium 4mg	0%
"The % Daily Value tells you how much a rufni contributes to a daily diet. 2,000 calories a day advice.	ent in a serving of food is used for general nutrition

IMBREDIENTS SUGAR, DEXTROSE, LEMON JUICE POWDER (CORN SYPUP LEMON DILE). STABILIZERS (HYDROXYPROPYL METHYLCELLU. LOSE, LOCUST BEAN GUM, GUAR GUM, KARAYA GUM, PECTIN, CELLULOSE GUM, XANTHAN GUM). CONTAINS 2% OR LESS OF EACH OF THE POLLOWING: COCONIUT OIL, GITCIR CAID, MALTODEXTRIN, CORN SYRUP SOLIDS, MODIFIED FOOD STARGH, MALICA COIL, ELMON JUICE SOLIDS, BETA CAROTENE (COLOR), MONO & DIGLYCERIDES, NATURAL FLAYOR, SILICON JOINGE (ANTICAKING).

Dole SOFT SERVE® Mango-Flavored

With Other Natural Flavors

About 72 servings per contain	
Serving size	2 Tbsp (28g
[Makes 2/3 Cup S	oft Serve (1179)
Amount per serving	444
Calories	110
	% Daily Valu
Total Fat 0.5g	1
Saturated Fat 0.5g	3
Trans Fat 0g	
Cholesterol 0mg	0
Sodium 10mg	0
Total Carbohydrate 26g	9
Dietary Fiber 0g	0
Total Sugars 25g	
Includes 25g Added Sugars	50
Protein 0g	
Vitamin D 0mcg	0
Calcium 0mg	0
Iron Omg	0
Potassium 0mg	0

IMBRIBURIS: SUGAR, DEXTROSE, STABILIZERS (HYPORDXYPROPY METHYLCELLUGSE, LOQUIST BEAN GUM, GUAR GUM, KARAYA GUM, PECTIN, CELLULOSE GUM, XANTHAN GUM), DOOUNTOIL, CONTAINS 29.00 LESS OF EACH OF THE FOLLOWING: MALTODEXTRIN, CITRIC ACID, BETA CAROTENE (COLOR), NATURAL FLAVOR, MODIFIED FOOD STARCH, MONO & DIGLYCERIDES, SILICON DIOXOE (ANTICAKING).

DOLE SOFT SERVE®Strawberry-Flavored

With Other Natural Flavors

Nutrition About 72 servings per conta Serving size [Makes 2/3 Cup S	ainer 2 Tbsp (28g)
Amount per serving Calories	110
	% Daily Value
Total Fat 0.5g	1
Saturated Fat 0.5g	3'
Trans Fat 0g	
Cholesterol 0mg	0'
Sodium 10mg	0'
Total Carbohydrate 26g	9
Dietary Fiber 0g	0'
Total Sugars 25g	
Includes 25g Added Sugars	50'
Protein 0g	
Vitamin D 0mog	0'
Calcium 10mg	0'
Iron Omg	0'
Potassium 5mg	0'

NOREDIENTS: SUGAR, DEXTROSE, STABILIZERS (HYDROXYPROPYL METHYLCELLULOSE, (HYDROXYPROPYL METHYLCELLULOSE, DUM, GUAR GUM, KARRAYA GUM, PECTIN, CELLULOSE GUM, XANTHAN GUM), COCONUTI OIL, CONTAINS 20, OE LESS OF EACH OF THE FOLLOWING: MALTODEXTRIN, CITRIC AGID, BETA CAROTTEN (COLOR), NATURAL FLAVOR, MODIFIED FOOD STARCH, MOND & DIGUÇERIDISES, SUICOM DIOXYGE (ANTICAKING).

For more information please visit, DoleSoftServe.com