

Quest Food Management

Recipe Sizing Report

900108 - yogurt- with diced straw : ebh nslp	Components	Attributes
HACCP Process: #1 No Cook Number of Portions: 50 Size of Portion: 1/2 cup	Meat/Alt: 1 oz Grains: Fruit: 0.25 cup Vegetable: Milk:	

Ingredients	Measures	Instructions
903098 yogurt upstate farm nf vanilla greco 103... 903670 strawberries diced gfs 621420.....	50 (4oz serving (1/2 cup)) 1 qt + 2 1/4 cups	

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	96 kcal	Cholesterol	2 mg	Sugars	*0.8* g	Calcium	301.18 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	75 mg	Protein	1.49 g	Iron	0.14 mg	0.00%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	20.54 g	Vitamin A	0.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	0.37 g	Vitamin C	8.7 mg	Ash ¹	0.00 g	85.72%	Calories from Carbohydrates
								6.23%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

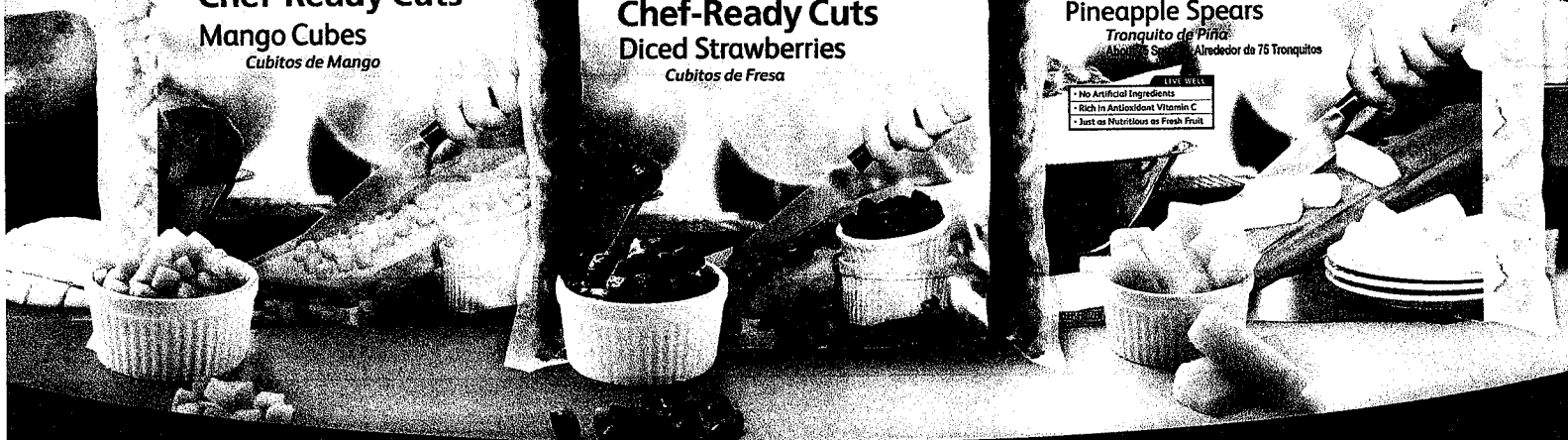
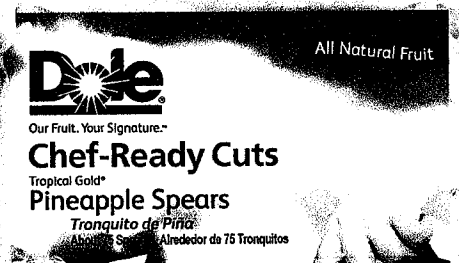
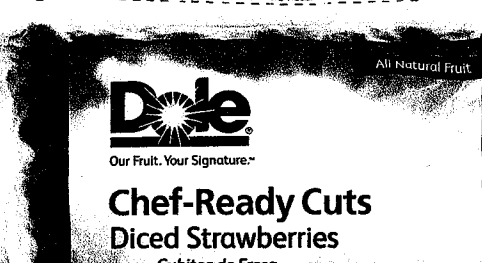
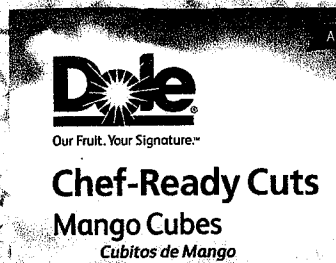
¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.



Chef-Ready Cuts

Our Fruit. Your Signature.™



7 Varieties

- Pineapple Cubes • Pineapple Spears • Mango Cubes • Diced Strawberries • Sliced Strawberries
- Diced Peaches • Diced Apples

Features & Benefits:

- 100 % Real Fruit - No Peels, No Cores
- Washed, Cut & Ready to Use
- Consistent Every Time
- Labor Savings
- Resealable Pouches
- Cubes and Diced IQF Fruit - 1/2" and 3/8" in Size
- IQF Pineapple Spears - Approximately 2-1/2" in Length; about 75 spears per package

Perfect for any menu application!

Desserts
Strawberry Peach Parfait

Beverages
Mango Mojito

Salsas & Toppings
Dole Pineapple Salsa





Chef-Ready Cuts

Work as hard as you do!

"I love working with the top quality Chef-Ready Cuts from Dole. They save on labor cost, and are easy to use. The versatility of these dices, slices, cubes and spears apply to various menu applications. They're ideal for salsas, toppings, pastries, salads, beverages and garnishes. They are the perfect size for your own creations. You are only limited by your own imagination."

- Chef Dieter Preiser, CEC, AAC, Dole Corporate Chef



Coconut and Mango Thai Pizza

6 Servings \ Prep Time: 10 minutes \ Total Time: 25 minutes

- 1 (12-inch) pizza crust, par-baked
- 2 tbsp. bottled sesame ginger sauce
- 2 cups DOLE® Chef-Ready Cuts Mango Cubes
- 1½ cups grilled chicken breast, cubed
- ¾ cup mozzarella cheese, shredded
- ¼ cup red bell pepper, cut into julienne strips
- ½ cup toasted shredded coconut

Directions

Preheat oven to 450°F. Place crust on pizza pan; spread sauce evenly over crust. Layer pizza with mango cubes, chicken breast, mozzarella cheese, and red bell pepper. Bake 12 to 15 minutes or until heated through. Sprinkle with toasted coconut.



Other Serving Suggestions



Pineapple Guacamole
made with Pineapple Cubes



Hawaiian Sliders
made with Pineapple Spears



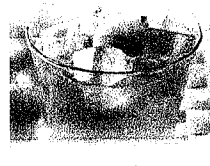
Mango Coconut
Kale Salad
made with Mango Cubes



Almond Crusted Salmon
Fillet with Strawberries
made with Diced Strawberries



Berry Bruschetta with
Walnut Mint Pesto
made with Sliced Strawberries



Peach Julep
made with Diced Peaches



Apple Cinnamon
Cupcake
made with Diced Apples

Nutrition Information

Product	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Sodium	Potassium	Total Carb	Dietary Fiber	Sugars	Protein	Vit A*	Vit C*	Calcium*	Iron*
DOLE Chef-Ready Cuts															
Pineapple Cubes IQF <small>Ingredients: Pineapple.</small>	1 cup	100	0g	0g	0g	0mg	190mg	22g	2g	18g	<1g	0%	260%	0%	2%
Pineapple Spears IQF <small>Ingredients: Pineapple.</small>	5 spears	100	0g	0g	0g	0mg	190mg	22g	2g	18g	1g	0%	260%	0%	2%
Mango Cubes IQF <small>Ingredients: Mango.</small>	1 cup	90	0.5g	0g	0g	0mg	240mg	21g	2g	19g	1g	30%	80%	2%	0%
Diced Strawberries IQF <small>Ingredients: Strawberries.</small>	1 cup	50	0g	0g	0g	0mg	210mg	13g	3g	6g	<1g	0%	100%	2%	6%
Sliced Strawberries IQF <small>Ingredients: Strawberries and Natural Flavors.</small>	1 cup	50	0g	0g	0g	0mg	210mg	13g	3g	6g	<1g	0%	100%	2%	6%
Diced Peaches IQF <small>Ingredients: Peaches, Ascorbic and Citric Acids (To Promote Color Retention), Malic Acid and Natural Flavors.</small>	1 cup	60	0g	0g	0g	0mg	260mg	13g	2g	9g	1g	10%	280%	0%	2%
Diced Apples IQF <small>Ingredients: Apples, Calcium Chloride (To Protect Texture), Erythorbic and Citric Acids (To Promote Color Retention).</small>	1 cup	80	0g	0g	0g	50mg	160mg	18g	2g	11g	0g	0%	4%	10%	0%

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

Specifications

Product	Case Code	Pack Size	Net Wt.	Gross Wt.	Case Dimensions (L x W x H)	Case Cube	Cases/Pallet	Fruit Size
Pineapple Cubes IQF	100-71202-28317-8	2/5 lb.	10 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160	3/8"
Pineapple Spears IQF	100-71202-28319-2	2/5 lb.	10 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160	Approx. 2½" in length
Mango Cubes IQF	100-71202-10550-0	2/5 lb.	10 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160	3/8"
Diced Strawberries IQF	100-71202-17951-8	2/5 lb.	10 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160	1/2"
Sliced Strawberries IQF	100-71202-17930-3	2/5 lb.	10 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160	Sliced
Diced Peaches IQF	100-71202-27600-2	2/5 lb.	10 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160	3/8"
Diced Apples IQF	100-71202-15122-4	2/5 lb.	10 lbs.	11.0 lbs.	11.375" x 10.375" x 6.750"	0.46	160	1/2"

DOLE Chef-Ready Cuts have a 2-year shelf life and "Best By" date printed on each case and individual bag. Keep Frozen. Washed and Ready to Eat.



To learn more about innovative recipes, see product video overviews and product offers, visit www.dolefoodservice.com/crc or call 1-800-723-9868.



Scan me with your smartphone to learn about DOLE Chef-Ready Cuts.