



SOFT SERVE

NUTRITIONAL FACTS

VEGAN • DAIRY FREE • GLUTEN FREE
LACTOSE FREE • NO CHOLESTEROL • KOSHER



DOLE SOFT SERVE® Pineapple-Flavored

Naturally & Artificially Flavored

DOLE SOFT SERVE® Cherry-Flavored

With Other Natural Flavor

DOLE SOFT SERVE® Watermelon-Flavored

Artificially Flavored

DOLE SOFT SERVE® Pomegranate-Flavored

With Other Natural Flavor

Nutrition Facts

About 72 servings per container
Serving size 2 Tbsp (28g)
(Makes 2/3 Cup Soft Serve (117g))

Amount per serving		% Daily Value*	
Calories 110			
Total Fat 0.5g		1%	
Saturated Fat 0.5g		3%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 10mg		0%	
Total Carbohydrate 21g		9%	
Dietary Fiber 0g		0%	
Total Sugars 21g			
Includes 21g Added Sugars		66%	
Protein 0g			
Vitamin D 0mcg		0%	
Calcium 0mg		0%	
Iron 0mg		0%	
Potassium 1mg		0%	

*The % Daily Value 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.

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Amount per serving		% Daily Value*	
Calories 110			
Total Fat 0.5g		1%	
Saturated Fat 0.5g		3%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 10mg		0%	
Total Carbohydrate 21g		9%	
Dietary Fiber 0g		0%	
Total Sugars 24g			
Includes 24g Added Sugars		48%	
Protein 0g			
Vitamin D 0mcg		0%	
Calcium 0mg		0%	
Iron 0mg		0%	
Potassium 0mg		0%	

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Calories 110			
Total Fat 0.5g		1%	
Saturated Fat 0.5g		3%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 10mg		0%	
Total Carbohydrate 27g		10%	
Dietary Fiber 0g		0%	
Total Sugars 29g			
Includes 29g Added Sugars		58%	
Protein 0g			
Vitamin D 0mcg		0%	
Calcium 0mg		0%	
Iron 0mg		0%	
Potassium 0mg		0%	

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(Makes 2/3 Cup Soft Serve (117g))

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Calories 110			
Total Fat 0.5g		1%	
Saturated Fat 0.5g		3%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 10mg		0%	
Total Carbohydrate 25g		9%	
Dietary Fiber 0g		0%	
Total Sugars 24g			
Includes 24g Added Sugars		48%	
Protein 0g			
Vitamin D 0mcg		0%	
Calcium 0mg		0%	
Iron 0mg		0%	
Potassium 1mg		0%	

*The % Daily Value 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: SUGAR, DEXTROSE, 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: MALTODEXTRIN, CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, MODIFIED FOOD STARCH, MALIC ACID, BETA CAROTENE (COLOR), MONO & DIGLYCERIDES, SILICON DIOXIDE (ANTICAKING).

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).

INGREDIENTS: SUGAR, DEXTROSE, NATURAL FLAVOR, 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: MALTODEXTRIN, CITRIC ACID, MODIFIED FOOD STARCH, COLOR (RADISH CONCENTRATE, CARROT EXTRACT, APPLE CONCENTRATE, BLACKCURRANT POWDER), MONO & DIGLYCERIDES, SILICON DIOXIDE (ANTICAKING).

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).

More flavors listed on the backside

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

DOLE SOFT SERVE®
Orange-Flavored

With Other Natural Flavor

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	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 24g	48%
Includes 24g Added Sugars	
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*% Daily Value 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: SUGAR, DEXTROSE, 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, NATURAL FLAVOR, COLOR [TURMERIC EXTRACT, ANNATTO EXTRACT, CONCENTRATE (RADISH, APPLE, BLACKCURRANT)], MODIFIED FOOD STARCH, MONO & DIGLYCERIDES, SILICON DIOXIDE (ANTICAKING).

DOLE SOFT SERVE®
Raspberry-Flavored

With Other Natural Flavor

Nutrition Facts	
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	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 26g	52%
Includes 26g Added Sugars	
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*% Daily Value 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: SUGAR, DEXTROSE, MALTODEXTRIN, 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, ASCORBIC ACID, COLOR (CARROT & HIBISCUS CONCENTRATE, CARAMEL COLOR, CARROT EXTRACT), NATURAL FLAVOR, MODIFIED FOOD STARCH, MONO & DIGLYCERIDES, SILICON DIOXIDE (ANTICAKING).

DOLE SOFT SERVE®
Mango-Flavored

With Other Natural Flavor

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	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 25g	50%
Includes 25g Added Sugars	
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*% Daily Value 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: SUGAR, DEXTROSE, 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: MALTODEXTRIN, CITRIC ACID, BETA CAROTENE (COLOR), NATURAL FLAVOR, MODIFIED FOOD STARCH, MONO & DIGLYCERIDES, SILICON DIOXIDE (ANTICAKING).

DOLE SOFT SERVE®
Peach-Flavored

With Other Natural Flavor

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	0%
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	1%
Total Sugars 24g	48%
Includes 24g Added Sugars	
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*% Daily Value 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: SUGAR, FRUCTOSE, COCONUT OIL, MALTODEXTRIN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: STABILIZERS (HYDROXYPROPYL METHYLCELLULOSE, LOCUST BEAN GUM, GUAR GUM, KARAYA GUM, PECTIN, CELLULOSE GUM, XANTHAN GUM), NATURAL FLAVOR, MALIC ACID, CITRIC ACID, COLOR (RADISH CONCENTRATE, ANNATTO EXTRACT, TURMERIC EXTRACT, APPLE CONCENTRATE, BLACKCURRANT CONCENTRATE), FOOD STARCH-MODIFIED, MONO & DIGLYCERIDES, SILICON DIOXIDE (ANTICAKING).

DOLE SOFT SERVE®
Lime-Flavored

Naturally 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	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 24g	48%
Includes 24g Added Sugars	
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*% Daily Value 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: SUGAR, DEXTROSE, LIME JUICE POWDER (CONTAINS MALTODEXTRIN, LIME JUICE SOLIDS, LIME OIL), CITRIC ACID, 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: MALTODEXTRIN, NATURAL FLAVOR, MODIFIED FOOD STARCH, MALIC ACID, COLOR (TURMERIC EXTRACT, SPIRULINA EXTRACT), MONO & DIGLYCERIDES, SILICON DIOXIDE (ANTICAKING).

DOLE SOFT SERVE®
Lemon-Flavored

Naturally 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	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 24g	48%
Includes 24g Added Sugars	
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*% Daily Value 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: SUGAR, DEXTROSE, LEMON JUICE POWDER (CORN SYRUP, LEMON JUICE, LEMON OIL), STABILIZERS (HYDROXYPROPYL METHYLCELLULOSE, LOCUST BEAN GUM, GUAR GUM, KARAYA GUM, PECTIN, CELLULOSE GUM, XANTHAN GUM), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: COCONUT OIL, CITRIC ACID, MALTODEXTRIN, CORN SYRUP SOLIDS, MODIFIED FOOD STARCH, MALIC ACID, LEMON JUICE SOLIDS, BETA CAROTENE (COLOR), MONO & DIGLYCERIDES, NATURAL FLAVOR, SILICON DIOXIDE (ANTICAKING).

DOLE SOFT SERVE®
Strawberry-Flavored

With Other Natural Flavor

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	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 25g	50%
Includes 25g Added Sugars	
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*% Daily Value 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: SUGAR, DEXTROSE, 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: MALTODEXTRIN, CITRIC ACID, BETA CAROTENE (COLOR), NATURAL FLAVOR, MODIFIED FOOD STARCH, MONO & DIGLYCERIDES, SILICON DIOXIDE (ANTICAKING).

For more information please visit, DoleSoftServe.com

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