NUTRITIONAL FACTS

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

DOLE SOFT SERVE® Pineapple-Flavored

Naturally & 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 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).

DOLE SOFT SERVE® Cherry-Flavored

With Other Natural Flavors

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 24g	
Includes 24g Added Sugars	**48%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 0mg	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, 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® Watermelon-Flavored

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 0mg	0%
Potassium 2mg	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, MALTODEXTRIN, 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: CITRIC ACID, COLOR (BLACKCURRENT POWDER, RADISH CONCENTRATE, APPLE CONCENTRATE), MODIFIED FOOD STARCH, MONO & DIGLYCERIDES, SILICON DIOXIDE (ANTICAKING).

DOLE SOFT SERVE® Pomegranate-Flavored

With Other Natural Flavors

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 25g	**9%**
Dietary Fiber 0g	**0%**
Total Sugars 24g	
Includes 24g Added Sugars	**48%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 9mg	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, 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 Flavors

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 24g	
Includes 24g Added Sugars	48%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 0mg	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: 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 Flavors

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	
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 0mg	0%
Potassium 0mg	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, 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 Flavors

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 0mg	0%
Iron 0mg	0%
Potassium 0mg	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, BETA CAROTENE (COLOR), NATURAL FLAVOR, MODIFIED FOOD STARCH, 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	
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 8mg	0%
Iron 0mg	0%
Potassium 0mg	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, 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 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 0mg	0%
Potassium 4mg	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, LEMON JUICE POWDER (CORN SYRUP, LEMON JUICE, LEMON OIL), STABILIZERS (HYDROXYPROPYL METHYLCELLU. LOSE, 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 Flavors

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 10mg	0%
Iron 0mg	0%
Potassium 5mg	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, BETA CAROTENE (COLOR), NATURAL FLAVOR, MODIFIED FOOD STARCH, MONO & DIGLYCERIDES, SILICON DIOXIDE (ANTICAKING).

For more information please visit, DoleSoftServe.com

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