



# NUTRITIONAL FACTS

VEGAN • DAIRY FREE • GLUTEN FREE  
LACTOSE FREE • NO CHOLESTEROL • 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	<b>110</b>
<b>Calories</b>	% 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	50%
Includes 25g Added Sugars	50%
<b>Protein 0g</b>	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 1mg	0%

**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	<b>110</b>
<b>Calories</b>	% 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	48%
Includes 24g Added Sugars	48%
<b>Protein 0g</b>	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 0mg	0%

**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	<b>110</b>
<b>Calories</b>	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 25g	50%
Includes 25g Added Sugars	50%
<b>Protein 0g</b>	
Vitamin D 0mcg 0%	-
Iron 0mg 0%	-
	Calcium 9mg 0%
	Potassium 2mg 0%

**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).

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	
<b>Calories</b>	<b>110</b>
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 26g	8%
Dietary Fiber 0g	0%
Total Sugars 24g	
Includes 24g Added Sugars	48%
<b>Protein 0g</b>	
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 (28g)**  
 [Makes 2/3 Cup Soft Serve (117g)]

Amount per serving	
<b>Calories</b>	<b>110</b>
	% Daily Value*
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 26g	
Includes 26g Added Sugars	52%
<b>Protein 0g</b>	
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	
<b>Calories</b>	<b>110</b>
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 26g	8%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 25g Added Sugars	50%
<b>Protein 0g</b>	
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: 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	
<b>Calories</b>	<b>110</b>
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 26g	8%
Dietary Fiber 0g	0%
Total Sugars 24g	
Includes 24g Added Sugars	48%
<b>Protein 0g</b>	
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, 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	
<b>Calories</b>	<b>110</b>
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 26g	8%
Dietary Fiber 0g	0%
Total Sugars 24g	
Includes 23g Added Sugars	46%
<b>Protein 0g</b>	
Vitamin D 0mcg	0%
Calcium 9mg	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 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 Flavors

**Nutrition Facts**

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

Amount per serving	
<b>Calories</b>	<b>110</b>
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 26g	8%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 25g Added Sugars	50%
<b>Protein 0g</b>	
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](http://DoleSoftServe.com)**

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