



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 Flavors

DOLE SOFT SERVE®
Watermelon-Flavored
Artificially Flavored

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
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	60%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 1mg	0%

Nutrition Facts	
About 72 servings per container	
Serving size 2 Tbsp (28g) [Makes 2/3 Cup Soft Serve (117g)]	
Amount per serving	
Calories	110
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	60%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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Amount per serving	
Calories	110
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	60%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 2mg	0%

Nutrition Facts	
About 72 servings per container	
Serving size 2 Tbsp (28g) [Makes 2/3 Cup Soft Serve (117g)]	
Amount per serving	
Calories	110
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	60%
Protein 0g	
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 & DIGLYCERIDE, 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, 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 (BLACKCURRANT POWDER, RADISH CONCENTRATE, APPLE CONCENTRATE), MODIFIED FOOD STARCH, 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 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
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 0mg	0%

*% Daily Values are based on a diet of other people's secrets. ©2022 Kent Precision Foods Group, Inc. All rights reserved.

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, ANNETTO EXTRACT, CONCENTRATE (RADISH, APPLE, BLACKCURRANT)], 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
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 0mg	0%

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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®
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
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	82%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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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®
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
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 0mg	0%

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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®
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
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	80%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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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®
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
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	80%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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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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