



# LIGHT PINEAPPLE JUICE DRINK

**A DELICIOUS  
TASTE OF  
THE TROPICS  
THAT IS  
UNIQUELY DOLE®.**

- Vibrant and Refreshing Flavor
- 60% Less Sugar and Calories<sup>(1)</sup>
- Excellent Source of Vitamin C
- Available in 6 oz. & 46 oz. sizes

<sup>1)</sup> When compared to Dole 100% Pineapple Juice.





**GREAT ON ITS OWN OR AS AN INGREDIENT IN BEVERAGES & SMOOTHIES!**



## GINGER MANGO SMOOTHIE



Prep Time  
**10 min**



Total Time  
**10 min**



Servings  
**2**



Calories/Serving  
**150**

### INGREDIENTS

- 1 cup vanilla almond milk
- 1 cup DOLE® Light Pineapple Juice
- ¼ cup crystallized ginger, chopped
- 1 teaspoon fresh ginger, chopped (*optional*)
- 2 cups frozen DOLE® Mango Chunks, partially thawed

### INSTRUCTIONS

1. Combine almond milk, pineapple juice and gingers in blender or food processor container.
2. Cover; blend until ginger is finely chopped. Add mango, cover; blend until smooth.
3. Serve immediately.



## Nutrition Facts

### Light Pineapple Juice Drink

Ingredients: Water, Pineapple Juice, Natural Pineapple Flavor, Citric Acid, Pectin, Ascorbic Acid (Vitamin C) and Stevia Extract.

Kosher Status	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin C % DV*	Vitamin D % DV*	Potassium % DV*	Calcium % DV*	Iron % DV*
U	6 oz.	40	0	0	0	50	10	0	9	0	0	110	0	2	0	2

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

## Case Specifications

	Case UPC	Pack/Size	Case Dimensions	Case Weight		Case Cube	Per Case Pallet
				Net	Gross		
Light Pineapple Juice Drink - 6 oz.	100-38900-00918-9	8/6/6 oz.	13.313" x 8.875" x 8.000"	18.00 lb.	25.00 lb.	0.547	75
Light Pineapple Juice Drink - 46 oz.	100-38900-00920-2	6/46 oz.	8.8583" x 13.1890" x 7.008"	18.10 lb.	20.94 lb.	0.473	90

Visit [www.dolefoodservice.com/canned-juice](http://www.dolefoodservice.com/canned-juice) for recipes, product video overviews and offers or call 1-800-462-7706 to speak to a Dole representative.



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