

Pineapple

Tidbits, Rings, Diced/ Cores Diced

NUTRITION FACTS			
Serving Size: 40g			
Servings per Container: N/A			
Amount per Serving			
Calories 140		Calories from Fat 0	
% Daily Value*			
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	20mg	1%	
Total Carbohydrate	35g	12%	
Dietary Fiber	2g	6%	
Sugars	30g		
Protein	0g		
Vitamin A 0% *		Vitamin C 0%	
Calcium 2% *		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 *		Carbohydrate 4 * Protein 4	

Ingredients: Pineapple, sugar, sulphur dioxide.