



Pineapple - Core, Tidbits, Rings
(Low Sugar, No SO2)

Nutrition Facts

Serving Size 1 Ring (About 34g)

Servings per container N/A

Amount Per Serving

Calories	120	Calories from Fat	0
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	10mg		0%
Total Carbohydrate	29g		10%
Dietary Fiber	0g		0%
Sugars	29g		
Protein	0g		

Vitamin A	0%	•	Vitamin C	0%
Calcium	0%	•	Iron	0%

* 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: Fresh Pineapple, Sugar