



Nutritional Fact Sheet

Pineapple Chunks

Ingredients: Freeze Dried Pineapple.

Description & Directions: Unsweetened Pineapple Chunks are ready to eat. 1 pound of freeze dried pineapple replaces 8 pounds of fresh.

Storage & Shelf-life: Store in original container in a cool, dry location, for 18 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	5g (app. 1/4 cup)
Energy (Calories)	391.03	19.5515
Total Fat	3.06g	0.153g
Saturated Fat	0.23g	0.0115g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	7.11mg	0.3555mg
Total Carbohydrates	88.11g	4.4055g
Dietary Fiber	8.53g	0.4265g
Sugars	79.59g	3.9795g
Protein	2.77g	0.1385g
Vitamin A (IU)	163.43	8.1715
Thaimin-B1	0.65mg	0.0325mg
Riboflavin	0.26mg	0.013mg
Niacin	2.98mg	0.149mg
Vitamin B-6	0.62mg	0.031mg
Vitamin C	109.43mg	5.4715mg
Calcium	49.74mg	2.487mg
Iron	2.63mg	0.1315mg
Phosphorus	49.74mg	2.487mg
Potassium	802.96mg	40.148mg

Plant Location: 806 Rivit Street, Greenville, NC 27834

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