



## Nutritional Fact Sheet

Pineapple Dices

**Ingredients:** Freeze-Dried Pineapple

**Description & Directions:** Unsweetened Pineapple Dices 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.

<b>Nutrient</b>	<b>Per 100 Grams Dry</b>
Calories	342.86 kcal
Protein	3.70 g
Total Carbohydrate	89.97 g
Sugars	67.54 g
Added Sugars	0.00 g
Dietary Fiber	9.60 g
Total Fat	0.82 g
Saturated Fat	0.06 g
Cholesterol	0.00 mg
Vitamin C	327.77 mg
Vitamin D	0.00 mcg
Calcium	89.14 mg
Iron	1.99 mg
Potassium	747.43 mg
Sodium	6.86 mg
Trans Fat	0.00 g