



Nutritional Fact Sheet

Pineapple Powder

Ingredients: Freeze-Dried Pineapple, Silica

Description & Directions: Unsweetened Pineapple Powder is ready to eat.

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
Calories	349.00 kcal
Protein	3.59 g
Total Carbohydrate	90.15 g
Sugars	65.43 g
Added Sugars	0.00 g
Dietary Fiber	9.30 g
Total Fat	0.80 g
Saturated Fat	0.18 g
Cholesterol	0.00 mg
Thiamin – B1	-- mg
Riboflavin – B2	-- mg
Niacin – B3	-- mg
Vitamin B6	-- mg
Vitamin C	317.52 mg
Vitamin D	0.00 mcg
Calcium	86.50 mg
Iron	2.38 mg
Phosphorus	-- mg
Potassium	724.20 mg
Sodium	51.68 mg
Trans Fat	0.00 g