



# 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	19.55
Total Fat	3.06g	0.15g
Saturated Fat	0.23g	0.01g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	7.11mg	0.36mg
Total Carbohydrates	88.11g	4.41g
Dietary Fiber	8.53g	0.43g
Sugars	79.59g	3.98g
Protein	2.77g	0.14g
Vitamin A (IU)	163.43	8.17
Thaimin-B1	0.65mg	0.03mg
Riboflavin	0.26mg	0.01mg
Niacin	2.98mg	0.15mg
Vitamin B-6	0.62mg	0.03mg
Vitamin C	109.43mg	5.47mg
Calcium	49.74mg	2.49mg
Iron	2.63mg	0.13mg
Phosphorus	49.74mg	2.49mg
Potassium	802.96mg	40.15mg

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