

diced pineapple

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Nutrition Facts

Serving Size about 3 Tbsp. (30g)

Servings Per Container about 7

Amount Per Serving

Calories 110 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 27g **9%**

Dietary Fiber less than 1g **0%**

Sugars 21g

Protein less than 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 25%

*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

INGREDIENTS: PINEAPPLE, SUGAR, CITRIC ACID.

Processed in a facility that also packages products containing eggs, milk, soy, tree nuts, and wheat.

Country of origin: Thailand

Store cool and dry for one year.

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