



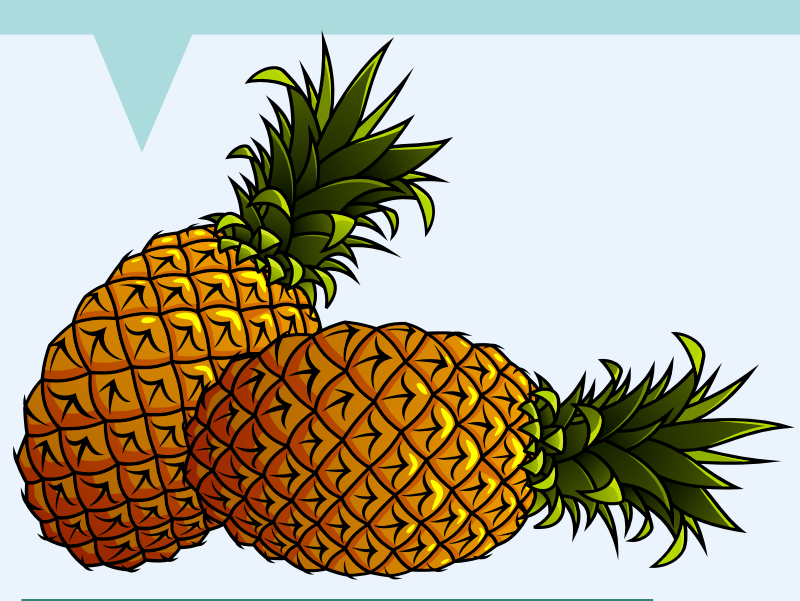
PINEAPPLE NUTRITION FACTS



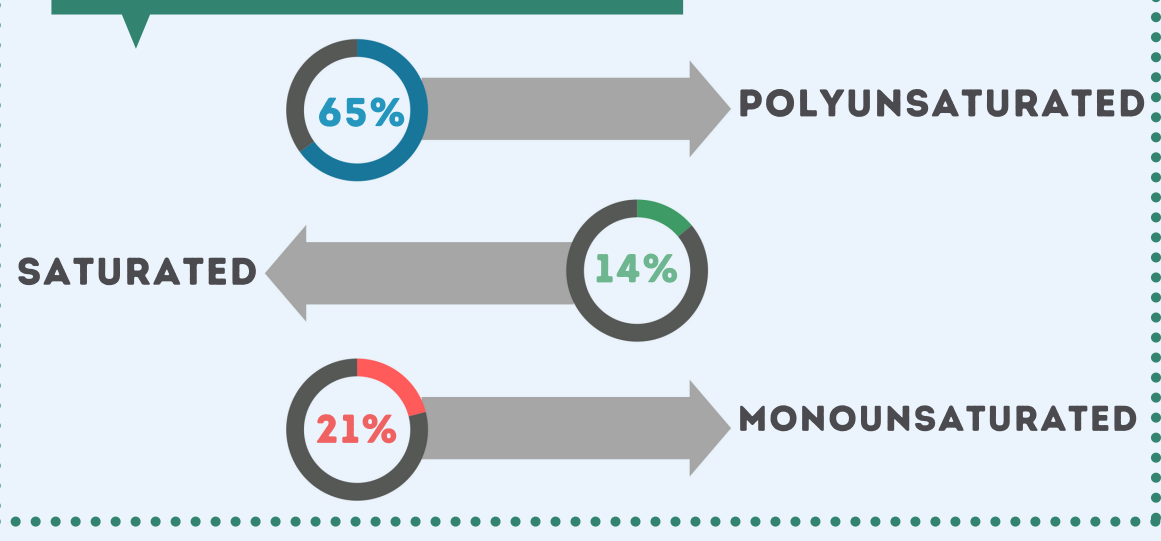
CALORIES 50/100GM

	AMOUNT
CARBOHYDRATE	13.12 G
FAT	0.12 G
PROTEIN	0.54 G
CHOLESTEROL	0.00
FIBER	1.4 G
RIBOFLAVIN	0.032 MG
SODIUM, NA	1 MG
THIAMIN	0.079 MG

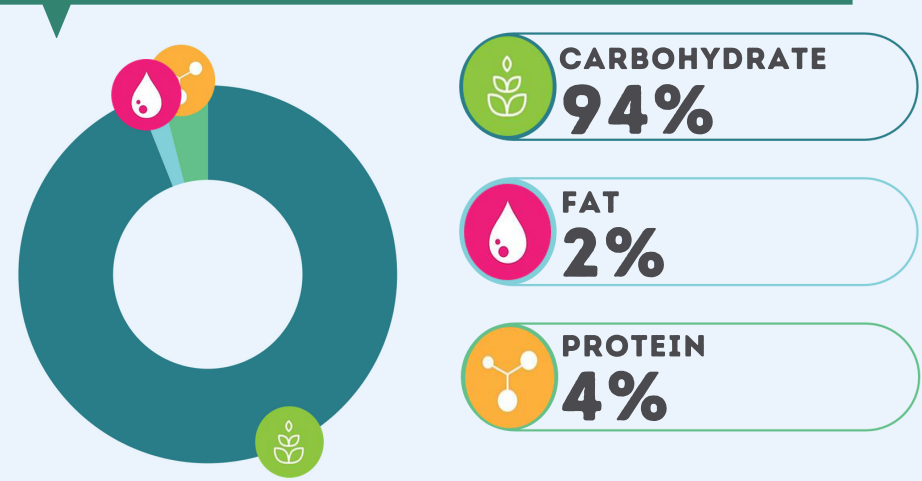
	AMOUNT
NIACIN	0.500 MG
VITAMIN A	3 MCG
VITAMIN B12	0.00
VITAMIN B6	0.112 MG
VITAMIN C	47.8 MG
VITAMIN D	0.00
FOLATE	18 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



PINEAPPLE OTHER NAMES

- ANANAS COMOSUS
- NANAS
- PIÑA
- ANANAS

MINERALS IN PINEAPPLE

13 MG	CALCIUM, CA	1 % (DV)
0.110 MG	COPPER, CU	12 % (DV)
0.29 MG	IRON, FE	2 % (DV)
12 MG	MAGNESIUM, MG	3 % (DV)
0.1 MCG	SELENIUM, SE	0 % (DV)
8 MG	PHOSPHORUS, P	1 % (DV)
109 MG	POTASSIUM, K	2 % (DV)
0.12 MG	ZINC, ZN	1 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.