
Product: Sliced Pineapple in natural juice

Brand: Bountiful
Harvest

Pack: 6/10

Item #: 38180 BH

Ingredients: Sliced pineapple and pineapple juice.

Shelf life: 2 years

Recommended Storage: Dry. Store in a cool dry location.

Nutrition Facts			
Serving Size		1/2cup (140g)	
Serving per container		About 22	
Amount per Serving			
Calories	80	Calories from fat	0
% Daily Value*			
Total fat	0g		0%
Saturated fat	0g		0%
Trans fat	0		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	19g		6%
Dietary Fiber	1g		4 %
Sugars	17g		
Protein	0g		
Vitamin A	0%	•	Vitamin C 10%
Calcium	2%	•	Iron 2%
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	< 65g		< 80g
Sat. Fat	< 20g		< 25g
Cholesterol	< 300mg		< 300mg
Sodium	< 2400mg		< 2400mg
Total	300g		375g
Carbohydrates			
Dietary Fiber	25g		30g
Calories per gram:			
Fat	9	Carbohydrates	4
		Protein	4