

Fresh Pineapple



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8667
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHNK PRSRV FR	1/2 Cup		581471

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.050
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	6.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	1.00mg		
Carbohydrates	1.80g		
Fiber	0.10g		
Sugar	1.40g		
Protein	0.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.40mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available