

Pineapple

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8401

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE CHUNKS IN JCE	1/2 Cup	Drain and serve.	189952

Preparation Instructions

Drain and serve.

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	80.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	20.00g
Fiber	1.00g
Total Sugar	17.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 7.00mg	Iron 0.40mg

Nutrition - Per 100g

No 100g Conversion Available