

# Pineapple



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50 Cup  | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | 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

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 0.000 |
| <b>Grain</b>                    | 0.000 |
| <b>Fruit</b>                    | 0.500 |
| <b>DarkGreen</b>                | 0.000 |
| <b>Red/Orange</b>               | 0.000 |
| <b>OtherVeg</b>                 | 0.000 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starchy</b>                  | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

No 100g Conversion Available