

**Basic Report 09266, Pineapple, raw, all varieties [a](#)**
**Report Date: September 19, 2019 15:07 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chunks 165g	1 fruit 905g	1 slice (4-2/3" dia x 3/4" thick) 166g	1 slice (3-1/2" dia x 3/4" thick) 84g	1 slice, thin (3-1/2" dia x 1/2" thick) 56g
<b>Proximates</b>							
Water	g	86.00	141.90	778.30	142.76	72.24	48.16
Energy	kcal	50	82	452	83	42	28
Protein	g	0.54	0.89	4.89	0.90	0.45	0.30
Total lipid (fat)	g	0.12	0.20	1.09	0.20	0.10	0.07
Carbohydrate, by difference	g	13.12	21.65	118.74	21.78	11.02	7.35
Fiber, total dietary	g	1.4	2.3	12.7	2.3	1.2	0.8
Sugars, total	g	9.85	16.25	89.14	16.35	8.27	5.52
<b>Minerals</b>							
Calcium, Ca	mg	13	21	118	22	11	7
Iron, Fe	mg	0.29	0.48	2.62	0.48	0.24	0.16
Magnesium, Mg	mg	12	20	109	20	10	7
Phosphorus, P	mg	8	13	72	13	7	4
Potassium, K	mg	109	180	986	181	92	61
Sodium, Na	mg	1	2	9	2	1	1
Zinc, Zn	mg	0.12	0.20	1.09	0.20	0.10	0.07
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	47.8	78.9	432.6	79.3	40.2	26.8
Thiamin	mg	0.079	0.130	0.715	0.131	0.066	0.044
Riboflavin	mg	0.032	0.053	0.290	0.053	0.027	0.018
Niacin	mg	0.500	0.825	4.525	0.830	0.420	0.280
Vitamin B-6	mg	0.112	0.185	1.014	0.186	0.094	0.063
Folate, DFE	µg	18	30	163	30	15	10
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	3	5	27	5	3	2
Vitamin A, IU	IU	58	96	525	96	49	32

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Vitamin E (alpha-tocopherol)	mg	0.02	0.03	0.18	0.03	0.02	0.01
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.7	1.2	6.3	1.2	0.6	0.4
<b>Lipids</b>							
Fatty acids, total saturated	g	0.009	0.015	0.081	0.015	0.008	0.005
Fatty acids, total monounsaturated	g	0.013	0.021	0.118	0.022	0.011	0.007
Fatty acids, total polyunsaturated	g	0.040	0.066	0.362	0.066	0.034	0.022
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0
<b>Amino Acids</b>							
<b>Other</b>							
Caffeine	mg	0	0	0	0	0	0

**Footnotes**

<sup>a</sup> Values based on data weighted 80% extra sweet variety, 20% traditional varieties.