

**Full Report (All Nutrients) 09266, Pineapple, raw, all varieties [a](#)**

**Report Date: July 15, 2019 20:41 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:49% Refuse Description: 8% core, 16% crown, 26% parings**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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 <a href="#">1 2 3</a>	g	86.00	21	0.500	141.90	778.30	142.76	72.24	48.16
Energy	kcal	50	--	--	82	452	83	42	28
Energy	kJ	209	--	--	345	1891	347	176	117
Protein <a href="#">1 2 3</a>	g	0.54	21	0.030	0.89	4.89	0.90	0.45	0.30
Total lipid (fat) <a href="#">1 2 3</a>	g	0.12	21	0.010	0.20	1.09	0.20	0.10	0.07
Ash <a href="#">1 2 3</a>	g	0.22	21	0.030	0.36	1.99	0.37	0.18	0.12
Carbohydrate, by difference	g	13.12	--	--	21.65	118.74	21.78	11.02	7.35
Fiber, total dietary <a href="#">3</a>	g	1.4	6	0.057	2.3	12.7	2.3	1.2	0.8
Sugars, total <a href="#">2 3</a>	g	9.85	13	0.360	16.25	89.14	16.35	8.27	5.52
Sucrose <a href="#">2 3</a>	g	5.99	13	0.500	9.88	54.21	9.94	5.03	3.35
Glucose (dextrose) <a href="#">2 3</a>	g	1.73	13	0.080	2.85	15.66	2.87	1.45	0.97
Fructose <a href="#">2 3</a>	g	2.12	13	0.060	3.50	19.19	3.52	1.78	1.19
Lactose <a href="#">2 3</a>	g	0.00	13	0.000	0.00	0.00	0.00	0.00	0.00
Maltose <a href="#">2 3</a>	g	0.00	13	0.000	0.00	0.00	0.00	0.00	0.00
Galactose <a href="#">2 3</a>	g	0.00	13	0.000	0.00	0.00	0.00	0.00	0.00
Starch <a href="#">3</a>	g	0.00	6	0.000	0.00	0.00	0.00	0.00	0.00
<b>Minerals</b>									
Calcium, Ca <a href="#">1 2 3 4</a>	mg	13	21	0.000	21	118	22	11	7
Iron, Fe <a href="#">1 2 3 4</a>	mg	0.29	22	0.090	0.48	2.62	0.48	0.24	0.16
Magnesium, Mg <a href="#">1 2 3 4</a>	mg	12	22	0.000	20	109	20	10	7

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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
Phosphorus, P <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	8	21	0.000	13	72	13	7	4
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	109	22	11.000	180	986	181	92	61
Sodium, Na	mg	1	11	0.000	2	9	2	1	1
Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.12	19	0.005	0.20	1.09	0.20	0.10	0.07
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.110	22	0.017	0.181	0.995	0.183	0.092	0.062
Manganese, Mn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	0.927	22	0.248	1.530	8.389	1.539	0.779	0.519
Selenium, Se <a href="#">2</a> <a href="#">3</a>	µg	0.1	5	0.038	0.2	0.9	0.2	0.1	0.1
<b>Vitamins</b>									
Vitamin C, total ascorbic acid <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	47.8	21	3.200	78.9	432.6	79.3	40.2	26.8
Thiamin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.079	18	0.011	0.130	0.715	0.131	0.066	0.044
Riboflavin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.032	18	0.007	0.053	0.290	0.053	0.027	0.018
Niacin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.500	14	0.229	0.825	4.525	0.830	0.420	0.280
Pantothenic acid <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.213	18	0.050	0.351	1.928	0.354	0.179	0.119
Vitamin B-6 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.112	18	0.006	0.185	1.014	0.186	0.094	0.063
Folate, total <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	µg	18	18	8.000	30	163	30	15	10
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	18	18	8.000	30	163	30	15	10
Folate, DFE	µg	18	--	--	30	163	30	15	10
Choline, total <a href="#">2</a> <a href="#">3</a>	mg	5.5	--	--	9.1	49.8	9.1	4.6	3.1
Betaine <a href="#">2</a> <a href="#">3</a>	mg	0.1	2	--	0.2	0.9	0.2	0.1	0.1
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	µg	3	16	0.000	5	27	5	3	2
Retinol	µg	0	--	--	0	0	0	0	0
Carotene, beta <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	µg	35	16	4.000	58	317	58	29	20
Carotene, alpha <a href="#">2</a> <a href="#">3</a>	µg	0	8	0.000	0	0	0	0	0
Cryptoxanthin, beta <a href="#">2</a> <a href="#">3</a>	µg	0	8	0.000	0	0	0	0	0
Vitamin A, IU <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	IU	58	16	7.000	96	525	96	49	32
Lycopene <a href="#">2</a> <a href="#">3</a>	µg	0	8	0.000	0	0	0	0	0
Lutein + zeaxanthin <a href="#">2</a> <a href="#">3</a>	µg	0	8	0.000	0	0	0	0	0
Vitamin E (alpha-tocopherol) <a href="#">2</a> <a href="#">3</a>	mg	0.02	7	0.002	0.03	0.18	0.03	0.02	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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
Tocopherol, beta <a href="#">2</a> <a href="#">3</a>	mg	0.00	7	0.000	0.00	0.00	0.00	0.00	0.00
Tocopherol, gamma <a href="#">2</a> <a href="#">3</a>	mg	0.00	7	0.000	0.00	0.00	0.00	0.00	0.00
Tocopherol, delta <a href="#">2</a> <a href="#">3</a>	mg	0.00	7	0.000	0.00	0.00	0.00	0.00	0.00
Tocotrienol, alpha <a href="#">2</a> <a href="#">3</a>	mg	0.02	7	0.010	0.03	0.18	0.03	0.02	0.01
Tocotrienol, beta <a href="#">2</a> <a href="#">3</a>	mg	0.00	7	0.000	0.00	0.00	0.00	0.00	0.00
Tocotrienol, gamma <a href="#">2</a> <a href="#">3</a>	mg	0.00	7	0.000	0.00	0.00	0.00	0.00	0.00
Tocotrienol, delta <a href="#">2</a> <a href="#">3</a>	mg	0.00	7	0.000	0.00	0.00	0.00	0.00	0.00
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) <a href="#">2</a> <a href="#">3</a>	µg	0.7	10	0.020	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
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
16:0	g	0.005	--	--	0.008	0.045	0.008	0.004	0.003
18:0	g	0.003	--	--	0.005	0.027	0.005	0.003	0.002
Fatty acids, total monounsaturated	g	0.013	--	--	0.021	0.118	0.022	0.011	0.007
16:1 undifferentiated	g	0.001	--	--	0.002	0.009	0.002	0.001	0.001
18:1 undifferentiated	g	0.012	--	--	0.020	0.109	0.020	0.010	0.007
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.040	--	--	0.066	0.362	0.066	0.034	0.022
18:2 undifferentiated	g	0.023	--	--	0.038	0.208	0.038	0.019	0.013
18:3 undifferentiated	g	0.017	--	--	0.028	0.154	0.028	0.014	0.010
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000

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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
Phytosterols	mg	6	--	--	10	54	10	5	3
<b>Amino Acids</b>									
Tryptophan <a href="#">2</a> <a href="#">3</a>	g	0.005	--	--	0.008	0.045	0.008	0.004	0.003
Threonine <a href="#">2</a> <a href="#">3</a>	g	0.019	--	--	0.031	0.172	0.032	0.016	0.011
Isoleucine <a href="#">2</a> <a href="#">3</a>	g	0.019	--	--	0.031	0.172	0.032	0.016	0.011
Leucine <a href="#">2</a> <a href="#">3</a>	g	0.024	--	--	0.040	0.217	0.040	0.020	0.013
Lysine <a href="#">2</a> <a href="#">3</a>	g	0.026	--	--	0.043	0.235	0.043	0.022	0.015
Methionine <a href="#">2</a> <a href="#">3</a>	g	0.012	--	--	0.020	0.109	0.020	0.010	0.007
Cystine <a href="#">2</a> <a href="#">3</a>	g	0.014	--	--	0.023	0.127	0.023	0.012	0.008
Phenylalanine <a href="#">2</a> <a href="#">3</a>	g	0.021	--	--	0.035	0.190	0.035	0.018	0.012
Tyrosine <a href="#">2</a> <a href="#">3</a>	g	0.019	--	--	0.031	0.172	0.032	0.016	0.011
Valine <a href="#">2</a> <a href="#">3</a>	g	0.024	--	--	0.040	0.217	0.040	0.020	0.013
Arginine <a href="#">2</a> <a href="#">3</a>	g	0.019	--	--	0.031	0.172	0.032	0.016	0.011
Histidine <a href="#">2</a> <a href="#">3</a>	g	0.010	--	--	0.017	0.091	0.017	0.008	0.006
Alanine <a href="#">2</a> <a href="#">3</a>	g	0.033	--	--	0.054	0.299	0.055	0.028	0.018
Aspartic acid <a href="#">2</a> <a href="#">3</a>	g	0.121	--	--	0.200	1.095	0.201	0.102	0.068
Glutamic acid <a href="#">2</a> <a href="#">3</a>	g	0.079	--	--	0.130	0.715	0.131	0.066	0.044
Glycine <a href="#">2</a> <a href="#">3</a>	g	0.024	--	--	0.040	0.217	0.040	0.020	0.013
Proline <a href="#">2</a> <a href="#">3</a>	g	0.017	--	--	0.028	0.154	0.028	0.014	0.010
Serine <a href="#">2</a> <a href="#">3</a>	g	0.035	--	--	0.058	0.317	0.058	0.029	0.020
<b>Other</b>									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0
<b>Flavonoids</b>									
Anthocyanidins									
Cyanidin <a href="#">5</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
Petunidin <a href="#">5</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
Delphinidin <a href="#">5</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
Malvidin <a href="#">5</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0

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Pelargonidin <a href="#">5</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
Peonidin <a href="#">5</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
Flavan-3-ols									
(+)-Catechin <a href="#">5 6 7</a>	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0
(-)-Epigallocatechin <a href="#">5 6 7</a>	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0
(-)-Epicatechin <a href="#">5 6 7</a>	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0
(-)-Epicatechin 3-gallate <a href="#">5 6 7</a>	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate <a href="#">5 6 7</a>	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0
(+)-Gallocatechin <a href="#">5 6 7</a>	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0
Flavanones									
Hesperetin <a href="#">5</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
Naringenin <a href="#">5</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
Flavones									
Apigenin <a href="#">5 8</a>	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0
Luteolin <a href="#">5 8</a>	mg	0.0	2	--	0.0	0.1	0.0	0.0	0.0
Flavonols									
Kaempferol <a href="#">8 9</a>	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0
Myricetin <a href="#">5 8 9</a>	mg	0.0	3	0.01	0.0	0.1	0.0	0.0	0.0
Quercetin <a href="#">5 8 9</a>	mg	0.1	3	0.14	0.2	1.3	0.2	0.1	0.1
Isoflavones									
Daidzein <a href="#">12 13</a>	mg	0.00	2	--	0.00	0.00	0.00	0.00	0.00
Genistein <a href="#">12 13</a>	mg	0.00	2	--	0.00	0.00	0.00	0.00	0.00
Total isoflavones <a href="#">12 13</a>	mg	0.00	2	--	0.00	0.00	0.00	0.00	0.00
Proanthocyanidin									
Proanthocyanidin dimers <a href="#">10 11</a>	mg	0.0	6	0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin trimers <a href="#">10 11</a>	mg	0.0	6	0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin 4-6mers <a href="#">11</a>	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin 7-10mers <a href="#">11</a>	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin polymers (>10mers) <a href="#">11</a>	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0

**Sources of Data**

<sup>1</sup>Produce Marketing Association (PMA) Nutrient Content of Pineapple, 1981

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5k, 2001 Beltsville MD

<sup>3</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5b, 2000 Beltsville MD

<sup>4</sup>N.J. Miller-Ihli **Atomic absorption and atomic emission spectrometry for the determination of the trace element content of selected fruits consumed in the United States**, 1996 Journal of Food Composition and Analysis 9 4 pp.301-311

<sup>5</sup>Harnly, J. M., Doherty, R., Beecher, G. R., Holden, J. M., Haytowitz, D. B., and Bhagwat, S., and Gebhardt S. **Flavonoid content of U.S. fruits, vegetables, and nuts**, 2006 J. Agric. Food Chem. 54 pp.9966-9977

<sup>6</sup>Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. **Catechin content of foods commonly consumed in the Netherlands. 1. Fruits, vegetables, staple foods and processed foods.**, 2000 J. Agric. Food Chem. 48 pp.1746-1751

<sup>7</sup>de Pascual-Teresa, S., Santos-Buelga, C., & Rivas-Gonzalo, J.C. **Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages.**, 2000 J. Agric. Food Chem. 48 pp.5331-5337

<sup>8</sup>Franke, A.A., Custer, L.J., Arakaki, C., and Murphy, S.P. **Vitamin C and flavonoid levels of fruits and vegetables consumed in Hawaii.**, 2004 J. Food Comp. Anal. 17 pp.1-35

<sup>9</sup>Lako, J., Trenerry, V. C., Wahlqvist, M., Wattanapenpaiboon, N., Sotheeswaran, S., Premier, R. **Phytochemical flavonols, carotenoids and the antioxidant properties of a wide selection of Fijian fruit, vegetables and other readily available foods.**, 2007 Food Chemistry 101 pp.1727-1741

<sup>10</sup>de Pascual-Teresa, S., Santos-Buelga, C., and Rivas-Gonzalo, J.C. **Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages**, 2000 J. Agric. Food Chem. 48 pp.5331-5337

<sup>11</sup>Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. **Concentrations of proanthocyanidins in common foods and estimations of normal consumption**, 2004 J. Nutr. 134 pp.613-617

<sup>12</sup>Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. **Assesing phytoestrogen exposure in epidemiologic studies: development of a database (United States).**, 2000 Cancer Causes and Control 11 pp.289-298

<sup>13</sup>Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331

#### Footnotes

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

#### Langual Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1484 PINEAPPLE
- C0229 FRUIT, PEEL REMOVED, CORE, PIT OR SEED REMOVED
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION