

Statistics Report 09266, Pineapple, raw, all varieties [a](#)
Report Date: July 17, 2019 06:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3	g	86.00	21	0.500	82.5	91.57	1.0	80.97	91.02	3	Analytical or derived from analytical	--	01/2007
Energy	kcal	50	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Energy	kJ	209	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Protein 1 2 3	g	0.54	21	0.030	0.3	0.74	1.0	0.18	0.9	3	Analytical or derived from analytical	--	01/2007
Total lipid (fat) 1 2 3	g	0.12	21	0.010	0.05	0.2	1.0	-0.02	0.25	3	Analytical or derived from analytical	--	01/2007
Ash 1 2 3	g	0.22	21	0.030	0.05	0.37	1.0	-0.05	0.49	3	Analytical or derived from analytical	--	01/2007
Carbohydrate, by difference	g	13.12	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Fiber, total dietary 3	g	1.4	6	0.057	1.2	1.5	5.0	1.2	1.5	1	Analytical or derived from analytical	--	02/2007
Sugars, total 2 3	g	9.85	13	0.360	6.9	11.45	1.0	5.27	14.42	2	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 2 3	g	5.99	13	0.500	2.59	7.53	1.0	-0.47	12.46	2	Analytical or derived from analytical	--	01/2007
Glucose (dextrose) 2 3	g	1.73	13	0.080	1.31	2.82	1.0	0.59	2.86	2	Analytical or derived from analytical	--	01/2007
Fructose 2 3	g	2.12	13	0.060	1.3	3.17	1.0	1.35	2.88	2	Analytical or derived from analytical	--	01/2007
Lactose 2 3	g	0.00	13	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Maltose 2 3	g	0.00	13	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Galactose 2 3	g	0.00	13	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Starch 3	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2007
Minerals													
Calcium, Ca 1 2 3 4	mg	13	21	0.000	6	19	2.0	9.0	16.0	4	Analytical or derived from analytical	--	01/2007
Iron, Fe 1 2 3 4	mg	0.29	22	0.090	0.13	0.54	1.0	-0.75	1.33	4	Analytical or derived from analytical	--	01/2007
Magnesium, Mg 1 2 3 4	mg	12	22	0.000	9	24	3.0	11.0	13.0	4	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1 2 3	mg	8	21	0.000	5	17	1.0	--	15.0	3	Analytical or derived from analytical	--	01/2007
Potassium, K 1 2 3 4	mg	109	22	11.000	81	162	1.0	17.0	199.0	4	Analytical or derived from analytical	--	01/2007
Sodium, Na	mg	1	11	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Zinc, Zn 1 2 3 4	mg	0.12	19	0.005	0.04	0.15	1.0	0.07	0.15	4	Analytical or derived from analytical	--	01/2007
Copper, Cu 1 2 3 4	mg	0.110	22	0.017	0.04	0.19	1.0	-0.082	0.302	4	Analytical or derived from analytical	--	01/2007
Manganese, Mn 1 2 3 4	mg	0.927	22	0.248	0.12	4.17	1.0	-0.82	2.675	4	Analytical or derived from analytical	--	01/2007
Selenium, Se 2 3	µg	0.1	5	0.038	0	0.1	1.0	-0.4	0.5	2	Analytical or derived from analytical	--	02/2007
Vitamins													
Vitamin C, total ascorbic acid 1 2 3	mg	47.8	21	3.200	7.9	70.7	1.0	11.2	84.4	3	Analytical or derived from analytical	--	01/2007
Thiamin 1 2 3	mg	0.079	18	0.011	0.06	0.11	1.0	-0.057	0.215	3	Analytical or derived from analytical	--	01/2007
Riboflavin 1 2 3	mg	0.032	18	0.007	0.01	0.05	2.0	-0.013	0.078	3	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin 1 2 3	mg	0.500	14	0.229	0.17	1.49	1.0	-1.73	2.73	3	Analytical or derived from analytical	--	01/2007
Pantothenic acid 1 2 3	mg	0.213	18	0.050	0.05	0.45	1.0	-0.381	0.806	3	Analytical or derived from analytical	--	01/2007
Vitamin B-6 1 2 3	mg	0.112	18	0.006	0.08	0.15	1.0	0.046	0.178	3	Analytical or derived from analytical	--	01/2007
Folate, total 1 2 3	µg	18	18	8.000	8	36	1.0	-94.0	130.0	3	Analytical or derived from analytical	--	01/2007
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	18	18	8.000	8	36	1.0	-94.0	130.0	3	Analytical or derived from analytical	--	02/2007
Folate, DFE	µg	18	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
Choline, total 2 3	mg	5.5	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Betaine 2 3	mg	0.1	2	--	0.1	0.1	--	--	--	2	Analytical or derived from analytical	--	01/2007
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE 1 2 3	µg	3	16	0.000	1	4	1.0	-1.0	7.0	3	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2 3	µg	35	16	4.000	17	50	1.0	-14.0	84.0	3	Analytical or derived from analytical	--	01/2007
Carotene, alpha 2 3	µg	0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Cryptoxanthin, beta 2 3	µg	0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Vitamin A, IU 1 2 3	IU	58	16	7.000	28	83	1.0	-24.0	141.0	3	Analytical or derived from analytical	--	01/2007
Lycopene 2 3	µg	0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Lutein + zeaxanthin 2 3	µg	0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Vitamin E (alpha-tocopherol) 2 3	mg	0.02	7	0.002	0.02	0.03	1.0	--	0.04	2	Analytical or derived from analytical	--	01/2003
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 2 3	mg	0.00	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Tocopherol, gamma 2 3	mg	0.00	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta 2 3	mg	0.00	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Tocotrienol, alpha 2 3	mg	0.02	7	0.010	0	0.04	1.0	-0.13	0.16	2	Analytical or derived from analytical	--	01/2003
Tocotrienol, beta 2 3	mg	0.00	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Tocotrienol, gamma 2 3	mg	0.00	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Tocotrienol, delta 2 3	mg	0.00	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 2 3	µg	0.7	10	0.020	0.2	1.2	1.0	0.4	0.9	2	Analytical or derived from analytical	--	01/2007
Lipids													
Fatty acids, total saturated	g	0.009	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
12:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
14:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
16:0	g	0.005	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
18:0	g	0.003	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
Fatty acids, total monounsaturated	g	0.013	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
16:1 undifferentiated	g	0.001	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
18:1 undifferentiated	g	0.012	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
20:1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
Fatty acids, total polyunsaturated	g	0.040	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2007
18:2 undifferentiated	g	0.023	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
18:3 undifferentiated	g	0.017	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2007
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phytosterols	mg	6	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Amino Acids													
Tryptophan 2_3	g	0.005	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Threonine 2_3	g	0.019	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Isoleucine 2_3	g	0.019	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Leucine 2_3	g	0.024	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lysine 2_3	g	0.026	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Methionine 2_3	g	0.012	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Cystine 2_3	g	0.014	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Phenylalanine 2_3	g	0.021	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Tyrosine 2_3	g	0.019	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine 2 3	g	0.024	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Arginine 2 3	g	0.019	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Histidine 2 3	g	0.010	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Alanine 2 3	g	0.033	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Aspartic acid 2 3	g	0.121	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glutamic acid 2 3	g	0.079	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glycine 2 3	g	0.024	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Proline 2 3	g	0.017	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Serine 2 3	g	0.035	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Flavonoids													
Anthocyanidins													
Cyanidin 5	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Petunidin 5	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Delphinidin 5	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Malvidin 5	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Pelargonidin 5	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Peonidin 5	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 5 6 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 5 6 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 5 6 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 5 6 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 5 6 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Galocatechin 5 6 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin 5	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Naringenin 5	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 5 8	mg	0.0	--	--	0	0.01	--	--	--	--	--	--	--
Luteolin 5 8	mg	0.0	--	--	0	0.02	--	--	--	--	--	--	--
Flavonols													
Kaempferol 8 9	mg	0.0	--	--	0	0.01	--	--	--	--	--	--	--
Myricetin 5 8 9	mg	0.0	--	0.01	0	0.03	--	--	--	--	--	--	--
Quercetin 5 8 9	mg	0.1	--	0.14	0	0.42	--	--	--	--	--	--	--
Isoflavones													
Daidzein 12 13	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein 12 13	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 12 13	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 10 11	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers 10 11	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 11	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 11	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 11	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

Sources of Data

¹Produce Marketing Association (PMA) Nutrient Content of Pineapple, 1981

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

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

⁴N.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

⁵Harnly, 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

⁶Arts, 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

⁷de 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

⁸Franke, 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

⁹Lako, 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

¹⁰de 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

¹¹Gu, 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

¹²Horn-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

¹³Liggins, 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

^a Values based on data weighted 80% extra sweet variety, 20% traditional varieties.