

Basic Report 09269, Pineapple, canned, light syrup pack, solids and liquids

Report Date: September 18, 2019 18:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, crushed, sliced, or chunks 252g	1 slice or ring (3" dia) with liquid 48g
Proximates				
Water	g	85.73	216.04	41.15
Energy	kcal	52	131	25
Protein	g	0.36	0.91	0.17
Total lipid (fat)	g	0.12	0.30	0.06
Carbohydrate, by difference	g	13.45	33.89	6.46
Fiber, total dietary	g	0.8	2.0	0.4
Sugars, total	g	12.65	31.88	6.07
Minerals				
Calcium, Ca	mg	14	35	7
Iron, Fe	mg	0.39	0.98	0.19
Magnesium, Mg	mg	16	40	8
Phosphorus, P	mg	7	18	3
Potassium, K	mg	105	265	50
Sodium, Na	mg	1	3	0
Zinc, Zn	mg	0.12	0.30	0.06
Vitamins				
Vitamin C, total ascorbic acid	mg	7.5	18.9	3.6
Thiamin	mg	0.091	0.229	0.044
Riboflavin	mg	0.025	0.063	0.012
Niacin	mg	0.292	0.736	0.140
Vitamin B-6	mg	0.074	0.186	0.036
Folate, DFE	µg	5	13	2
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	2	5	1
Vitamin A, IU	IU	38	96	18
Vitamin E (alpha-tocopherol)	mg	0.01	0.03	0.00

Nutrient	Unit	1 Value Per100 g	1 cup, crushed, sliced, or chunks 252g	1 slice or ring (3" dia) with liquid 48g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.3	0.8	0.1
Lipids				
Fatty acids, total saturated	g	0.009	0.023	0.004
Fatty acids, total monounsaturated	g	0.013	0.033	0.006
Fatty acids, total polyunsaturated	g	0.040	0.101	0.019
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0