

Full Report (All Nutrients) 09269, Pineapple, canned, light syrup pack, solids and liquids

Report Date: June 26, 2019 06:13 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.71 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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
Energy	kJ	218	--	--	549	105
Protein	g	0.36	--	--	0.91	0.17
Total lipid (fat)	g	0.12	--	--	0.30	0.06
Ash	g	0.35	--	--	0.88	0.17
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
Copper, Cu	mg	0.103	--	--	0.260	0.049
Manganese, Mn	mg	1.097	--	--	2.764	0.527
Selenium, Se	µg	0.4	--	--	1.0	0.2
Vitamins						
Vitamin C, total ascorbic acid	mg	7.5	--	--	18.9	3.6

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Thiamin	mg	0.091	--	--	0.229	0.044
Riboflavin	mg	0.025	--	--	0.063	0.012
Niacin	mg	0.292	--	--	0.736	0.140
Pantothenic acid	mg	0.100	--	--	0.252	0.048
Vitamin B-6	mg	0.074	--	--	0.186	0.036
Folate, total	µg	5	--	--	13	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	5	--	--	13	2
Folate, DFE	µg	5	--	--	13	2
Choline, total	mg	3.8	--	--	9.6	1.8
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	2	--	--	5	1
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	23	--	--	58	11
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	38	--	--	96	18
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.03	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
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
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000

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16:0	g	0.005	--	--	0.013	0.002
18:0	g	0.003	--	--	0.008	0.001
Fatty acids, total monounsaturated	g	0.013	--	--	0.033	0.006
16:1 undifferentiated	g	0.001	--	--	0.003	0.000
18:1 undifferentiated	g	0.012	--	--	0.030	0.006
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.040	--	--	0.101	0.019
18:2 undifferentiated	g	0.023	--	--	0.058	0.011
18:3 undifferentiated	g	0.017	--	--	0.043	0.008
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.005	--	--	0.013	0.002
Threonine	g	0.009	--	--	0.023	0.004
Isoleucine	g	0.009	--	--	0.023	0.004
Leucine	g	0.014	--	--	0.035	0.007
Lysine	g	0.016	--	--	0.040	0.008
Methionine	g	0.009	--	--	0.023	0.004
Cystine	g	0.001	--	--	0.003	0.000
Phenylalanine	g	0.009	--	--	0.023	0.004
Tyrosine	g	0.009	--	--	0.023	0.004
Valine	g	0.012	--	--	0.030	0.006
Arginine	g	0.012	--	--	0.030	0.006
Histidine	g	0.008	--	--	0.020	0.004
Alanine	g	0.018	--	--	0.045	0.009
Aspartic acid	g	0.082	--	--	0.207	0.039
Glutamic acid	g	0.041	--	--	0.103	0.020

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Glycine	g	0.014	--	--	0.035	0.007
Proline	g	0.009	--	--	0.023	0.004
Serine	g	0.019	--	--	0.048	0.009
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Languag 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
- E0152 DIVIDED INTO PIECES
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0136 SUGAR OR SUGAR SYRUP ADDED
- J0123 STERILIZED BY HEAT
- K0013 PACKED IN LIGHTLY SWEETENED WATER OR JUICE
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0220 NOT DRAINED