

Full Report (All Nutrients) 09429, Pineapple, raw, traditional varieties [a](#)

Report Date: January 22, 2019 13:52 EST

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

Refuse:42% Refuse Description: 8% core, 13% crown, 22% parings

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup, chunks 165g | 1 slice (4-2/3" dia x 3/4" thick) 175g | 1 fruit 1,002g | 1 NLEA serving 112g |
|---|------|---------------------|----------------|---------------|-----------------------|--|-------------------|------------------------|
| Proximates | | | | | | | | |
| Water 1 2 | g | 87.24 | 11 | 2.460 | 143.95 | 152.67 | 874.14 | 97.71 |
| Energy | kcal | 45 | -- | -- | 74 | 79 | 451 | 50 |
| Energy | kJ | 190 | -- | -- | 314 | 332 | 1904 | 213 |
| Protein 1 2 | g | 0.55 | 11 | 0.040 | 0.91 | 0.96 | 5.51 | 0.62 |
| Total lipid (fat) 1 2 | g | 0.13 | 11 | 0.030 | 0.21 | 0.23 | 1.30 | 0.15 |
| Ash 1 2 | g | 0.27 | 11 | 0.040 | 0.45 | 0.47 | 2.71 | 0.30 |
| Carbohydrate, by difference | g | 11.82 | -- | -- | 19.50 | 20.68 | 118.44 | 13.24 |
| Sugars, total 2 | g | 8.29 | 3 | 0.930 | 13.68 | 14.51 | 83.07 | 9.28 |
| Sucrose 2 | g | 4.59 | 3 | 0.720 | 7.57 | 8.03 | 45.99 | 5.14 |
| Glucose (dextrose) 2 | g | 1.76 | 3 | 0.220 | 2.90 | 3.08 | 17.64 | 1.97 |
| Fructose 2 | g | 1.94 | 3 | 0.320 | 3.20 | 3.40 | 19.44 | 2.17 |
| Lactose 2 | g | 0.00 | 3 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 |
| Maltose 2 | g | 0.00 | 3 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 |
| Galactose 2 | g | 0.00 | 3 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 |
| Minerals | | | | | | | | |
| Calcium, Ca 1 2 3 | mg | 13 | 11 | 1.000 | 21 | 23 | 130 | 15 |
| Iron, Fe 1 2 3 | mg | 0.25 | 12 | 0.060 | 0.41 | 0.44 | 2.50 | 0.28 |
| Magnesium, Mg 1 2 3 | mg | 12 | 12 | 1.000 | 20 | 21 | 120 | 13 |
| Phosphorus, P 1 2 | mg | 9 | 11 | 2.000 | 15 | 16 | 90 | 10 |
| Potassium, K 1 2 3 | mg | 125 | 12 | 18.000 | 206 | 219 | 1252 | 140 |

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|---|------|------------------|-------------|------------|--------------------|--|----------------|---------------------|
| Sodium, Na | mg | 1 | -- | -- | 2 | 2 | 10 | 1 |
| Zinc, Zn 1 2 3 | mg | 0.08 | 11 | 0.008 | 0.13 | 0.14 | 0.80 | 0.09 |
| Copper, Cu 1 2 3 | mg | 0.081 | 12 | 0.013 | 0.134 | 0.142 | 0.812 | 0.091 |
| Manganese, Mn 1 2 3 | mg | 1.593 | 12 | 0.473 | 2.628 | 2.788 | 15.962 | 1.784 |
| Selenium, Se 2 | µg | 0.0 | 2 | -- | 0.0 | 0.0 | 0.0 | 0.0 |
| Vitamins | | | | | | | | |
| Vitamin C, total ascorbic acid 1 2 | mg | 16.9 | 11 | 2.400 | 27.9 | 29.6 | 169.3 | 18.9 |
| Thiamin 1 2 | mg | 0.078 | 10 | 0.002 | 0.129 | 0.137 | 0.782 | 0.087 |
| Riboflavin 1 2 | mg | 0.029 | 10 | 0.016 | 0.048 | 0.051 | 0.291 | 0.032 |
| Niacin 1 2 | mg | 0.470 | 6 | 0.283 | 0.775 | 0.823 | 4.709 | 0.526 |
| Pantothenic acid 1 2 | mg | 0.193 | 10 | 0.032 | 0.318 | 0.338 | 1.934 | 0.216 |
| Vitamin B-6 1 2 | mg | 0.106 | 10 | 0.003 | 0.175 | 0.185 | 1.062 | 0.119 |
| Folate, total 1 2 | µg | 11 | 10 | 2.000 | 18 | 19 | 110 | 12 |
| Folate, food | µg | 11 | 10 | 2.000 | 18 | 19 | 110 | 12 |
| Choline, total 4 | mg | 5.6 | -- | -- | 9.2 | 9.8 | 56.1 | 6.3 |
| Betaine 4 | mg | 0.1 | 1 | -- | 0.2 | 0.2 | 1.0 | 0.1 |
| Vitamin A, RAE 1 2 | µg | 3 | 10 | 0.000 | 5 | 5 | 30 | 3 |
| Carotene, beta 1 2 | µg | 31 | 10 | 3.000 | 51 | 54 | 311 | 35 |
| Carotene, alpha 2 | µg | 0 | 2 | -- | 0 | 0 | 0 | 0 |
| Cryptoxanthin, beta 2 | µg | 0 | 2 | -- | 0 | 0 | 0 | 0 |
| Vitamin A, IU 1 2 | IU | 52 | 10 | 6.000 | 86 | 91 | 521 | 58 |
| Lycopene 2 | µg | 0 | 2 | -- | 0 | 0 | 0 | 0 |
| Lutein + zeaxanthin 2 | µg | 0 | 2 | -- | 0 | 0 | 0 | 0 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 | 0 | 0 |
| Vitamin K (phylloquinone) 2 | µg | 0.7 | 2 | -- | 1.2 | 1.2 | 7.0 | 0.8 |
| Lipids | | | | | | | | |
| Fatty acids, total trans | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 | 0.000 |
| Amino Acids | | | | | | | | |
| Other | | | | | | | | |
| Sources of Data | | | | | | | | |

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

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

³*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

⁴*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5b*, 2000 Beltsville MD

Footnotes

^a Values based on Champaka and Smoothe Cayenne 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