

Basic Report 09510, Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E

Report Date: July 20, 2019 01:10 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 250g	1 fl oz 31.3g
Proximates				
Water	g	87.06	217.65	27.25
Energy	kcal	50	125	16
Protein	g	0.36	0.90	0.11
Total lipid (fat)	g	0.14	0.35	0.04
Carbohydrate, by difference	g	12.18	30.45	3.81
Fiber, total dietary	g	0.2	0.5	0.1
Sugars, total	g	9.98	24.95	3.12
Minerals				
Calcium, Ca	mg	14	35	4
Iron, Fe	mg	0.26	0.65	0.08
Magnesium, Mg	mg	11	28	3
Phosphorus, P	mg	9	22	3
Potassium, K	mg	132	330	41
Sodium, Na	mg	3	8	1
Zinc, Zn	mg	0.11	0.28	0.03
Vitamins				
Vitamin C, total ascorbic acid	mg	31.3	78.2	9.8
Thiamin	mg	0.058	0.145	0.018
Riboflavin	mg	0.016	0.040	0.005
Niacin	mg	0.141	0.352	0.044
Vitamin B-6	mg	0.100	0.250	0.031
Folate, DFE	µg	12	30	4
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, IU	IU	235	588	74
Vitamin E (alpha-tocopherol)	mg	0.63	1.57	0.20
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0

Nutrient	Unit	1 Value Per100 g	1 cup 250g	1 fl oz 31.3g
Vitamin D	IU	0	0	0
Lipids				
Fatty acids, total saturated	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				
Other				
Caffeine	mg	0	0	0