

**Pineapple Spears**

**Serving Size 140 grams**

Amount Per Serving

**Calories 90**

**% Daily Value \***

<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 13 mg	<b>1%</b>
<b>Total Carbohydrate</b> 21 g	<b>8%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 19 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 1 g	
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Vitamin D 0 mcg	0%
Calcium 14 mg	2%
Iron 0 mg	2%
Potassium 150 mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Allergens:** No known allergens in this product.

**Ingredients:** This product contains golden pineapple, water, sugar, citric acid, ascorbic acid, sodium benzoate and potassium sorbate (preservatives).

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