

Pineapple Spears
Serving Size 140 grams

Amount Per Serving
Calories 90

% Daily Value *	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 13 mg	1%
Total Carbohydrate 21 g	8%
Dietary Fiber 1 g	4%
Total Sugars 19 g	
Includes 0 g Added Sugars	0%
Protein 1 g	
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).