

Pineapple Spears, No Preservatives

Serving Size 140 grams

Amount Per Serving

Calories 60

% Daily Value *

Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 10 mg	1%
Total Carbohydrate 18 g	6%
Dietary Fiber 1 g	4%
Total Sugars 14 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, and citric acid (used to lower pH).
