

# Pineapple Chunks

## Nutrition Facts

34 servings per container

**Serving size** 1/2 cup (10g) dry  
(about 1/2 cup prepared)

Amount per serving

**Calories** **35**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 8g **3%**

Dietary Fiber 2g **7%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

**Protein** 0g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0mg 0%

Potassium 110mg 2%

Vitamin C 33mg **35%**

\*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.

**INGREDIENTS:** Pineapple.

**TO REHYDRATE:**

1. Remove oxygen absorber and discard.
2. Cover Freeze-Dried Pineapple Chunks with warm water.
3. Let stand 5 to 10 minutes.
4. Drain excess water and serve.

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