

NORTHEAST MARKETING CO.

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PINEAPPLE TIDBITS IN JUICE – Ingredients & Nutrition Facts

INGREDIENTS: PINEAPPLE, PINEAPPLE JUICE.

Nutrition Facts	
Serving Size ½ cup (140 g)	
Serving Per Container 22	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value *	
Total Fat 0 g	
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carbohydrate 17 g	6%
Dietary Fiber 1 g	6%
Sugars 14 g	
Protein 1 g	
Vitamin A 2% • Vitamin C 15%	
Calcium 2% • Iron 4%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
		Calories	2,000	2,500
Total Fat	Less than		65 g	80 g
Sat Fat	Less than		20 g	25 g
Cholesterol	Less than		300 mg	300 mg
Sodium	Less than		2,400 mg	2,400 mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g
Calories per gram:				
Fat	9	•	Carbohydrate	4
			•	Protein
				4