

PINEAPPLE SPEARS



1900s, people started to bring pineapples to the homes of friends and family as a sign of friendship, love and hospitality. Who is a friend you'd like to share your pineapples with?

PRODUCE PARTICULARS

In addition to Vitamin C, pineapples also contain Vitamins B6, E & K.

This delicious tropical fruit got its name from European explorers that thought that they looked like pine cones, which is why we call them pine apples still today.

Hawaii grows virtually all of the pineapples in the US!



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	50
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	5%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 0.3mg	2%
Potassium 110mg	2%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Pineapple, Raw, All Varieties

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