

# 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.

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Enjoy as a snack right out of the can or rehydrate to add to your favorite fruit salad, smoothie, trail mix, yogurt, muffins, desserts and more

### 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.

**INGREDIENTS:** Pineapple.