

Pineapple in Juice (Chunk, Slice, Tidbit)

pineapple, pineapple juice

ananas, jus d'ananas

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (150mL) /Par 1/2 tasse (150mL)	
Amount Teneur	%Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 20 g	7 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 19 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	20 %
Calcium / Calcium	2 %
Iron / Fer	0 %

Pineapple in Juice - Crushed

pineapple, pineapple juice

ananas, jus d'ananas

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (150mL) /Par 1/2 tasse (150mL)	
Amount Teneur	%Daily Value % valeur quotidienne
Calories / Calories 90	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 21 g	7 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 20 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	20 %
Calcium / Calcium	2 %
Iron / Fer	0 %

Pineapple in Light Syrup

pineapple, water, sugar

ananas, eau, sucre

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (150mL) /Par 1/2 tasse (150mL)	
Amount Teneur	%Daily Value % valeur quotidienne
Calories / Calories 70	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 17 g	6 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 16 g	
Protein / Protéines 0.5 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	30 %
Calcium / Calcium	2 %
Iron / Fer	4 %

Pineapple Juice - Unsweetened

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250mL)	
Par 1 tasse (250mL)	
Amount	%Daily Value
Teneur	% valeur quotidienne
Calories / Calories	110
Fat / Lipides	0 g 0 %
Saturated / saturés	0 g 0 %
+ Trans / trans	0 g
Cholesterol / Cholestérol	0 mg
Sodium / Sodium	15 mg 1 %
Carbohydrate / Glucides	29 g 10 %
Fibre / Fibres	2 g 8 %
Sugars / Sucres	27 g
Protein / Protéines	1 g
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	120 %
Calcium / Calcium	4 %
Iron / Fer	4 %