

Product: Pineapple Tidbits in natural juice

Brand: Duet

Pack: 6/10

Item #: 38192

Ingredients: Pineapple tidbits and pineapple juice.

Shelf life: 2 years

Recommended Storage: Dry. Store in a cool dry location.

Nutrition Facts		
Serving Size	1/2cup (140g)	
Serving per container	About 22	
Amount per Serving		
Calories 80	Calories from fat 0	
% Daily Value		
Total fat	g	%
Saturated fat	0g	0%
<i>Trans fat</i>	0	
Cholesterol	0mg	0%
Sodium	0mg	%
Total Carbohydrate	19g	6%
Dietary Fiber	1g	4 %
Sugars	17g	
Protein	0g	
Vitamin A 0%	•	Vitamin C 10%
Calcium 2%	•	Iron 2%
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	< 65g	< 80g
Sat. Fat	< 20g	< 25g
Cholesterol	< 300mg	< 300mg
Sodium	< 2400mg	< 2400mg
Total	300g	375g
Carbohydrates		
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9	Carbohydrates 4	Protein 4