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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.

INGREDIENTS: Pineapple.

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.