



NUTRITION FACTS

PURE PINEAPPLE

Serving Size 1 Tablespoon (20g) ~ Servings per Container 23

Amount Per Serving

Calories	42.4	Vitamin D	0.0 %
Total Fat	0.1 g	Vitamin E	0.1 %
Saturated Fat	0.0 g	Calcium	0.1 %
PolySaturated Fat	0.0 g	Copper	0.6 %
MonoSaturated Fat	0.0 g	Folate	0.3 %
Cholesterol	0.0 mg	Iron	0.2 %
Sodium	0.3 mg	Magnesium	0.4 %
Potassium	13.4 mg	Manganese	8.9 %
Total Carbohydrate	10.9 g	Niacin	0.2 %
Dietary Fiber	0.1 g	Pantothenic Acid	0.2 %
Sugars	10.6 g	Phosphorus	0.1 %
Protein	0.1 g	Riboflavin	0.3 %
Vitamin A	0.1 %	Selenium	0.2 %
Vitamin B-12	0.0 %	Thiamin	0.7 %
Vitamin B-6	0.5 %	Zinc	0.1 %
Vitamin C	3.2 %	EXPIRES: 12 - JULY - 2013	

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: Pineapple, Granulated Sugar, Lemon, Water, Fruit Pectin, Cinnamon

When opening the jar, center of the lid should pop, indicating a good seal and the food is safe. If for any reason the seal is broken, has odd odor, or product is questionable, DO NOT taste test any food you are not sure of.

Contact HomeMakingQueen@gmail.com immediately.