

# PINEAPPLE

## INGREDIENTS

Nutrients

74 Calories, Carbohydrates 19.5 g,  
Fibre - 1.4g/100 grams

Minerals

Thiamin, Riboflavin, B-6, Folate,  
Pantothenic Acid, Magnesium,  
Manganese, Potassium

Vitamins

Vitamin C

Protein

0 g

Fats

1g

