Gordon FOOD SERVICE

GFS Pineapple Tidbits, in Unsweetened Juice, Choice, #10, 10 Can Sz Can, 6/Case

Item Number: 189979

These ready-to-eat pineapple tidbits are packed in juice.

		QTY
6/Case	$40.09 $0.06/oz	

Nutrition

Based On: AP Pineapple,Tidbits,Cnd in Jc, GFS Rounding: On

Ingredients

Pineapple, unsweetened pineapple juice. COMMON ALLERGENS PRESENT: None. Nutrition and Ingredient statement updated April 2013. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product

Nutrition Facts

Serving Size 0.5 cup (124.99g)	
Amount Per Serving	
Calories 80	Calories From Fat 0.9
	% Daily Value *
Fat0g	n/a
Saturated Fat0g	n/a
Trans Fat0g	
PolyUnsat. Fat0g	n/a
MonoUnsat Fat0g	n/a
Cholesterol0mg	n/a
Sodium0mg	n/a
Potassium150mg	4%
Carbohydrates20g	7%
Fiber1g	4%
Sugar18g	
Protein1g	1%

Vitamin A IU 1% Vitamin B6 4% Vitamin B12 null%
Vitamin C 20% Vitamin D IU null% Calcium 2% Iron 2%
Phosphorous 1% Magnesium 4% Zinc 1% Thiamin 8%
Riboflavin 1% Niacin B3 2%

* Based on a 2000 calories diet

Calories Per Gram:
Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals:

Phosphorous	7.5 mg
Zinc	0.1 mg
Magnesium	17.499 mg
Copper	n/a
Selenium	n/a
Calcium	17.5 mg
Iron	0.35 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	0.125 mg
Riboflavin	0.025 mg
Niacin B3	0.35 mg
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	0.087 mg
Vitamin B12	0 mcg
Vitamin C	11.87 mg

Fat Soluble Vitamins:

Vitamin D IU	0 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	47.5 IU

Additional Images