



# Pineapples



Nutrition Facts			
Serving Size 2 slices, 3" diameter, 3/4" thick			
Amount Per Serving			
Calories 50	Calories from Fat 0		
% Daily Value*			
<b>Total Fat</b> 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g	0%		
<b>Cholesterol</b> 0mg	0%		
<b>Sodium</b> 10mg	0%		
<b>Total Carbohydrate</b> 13g	4%		
Dietary Fiber 1g	4%		
Sugars 10g			
<b>Protein</b> 1g			
Vitamin A 2%	Vitamin C 50%		
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	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrate	4	Protein 4

## Fun Facts:

- \* Pineapples are native to Southern Brazil and Paraguay.
- \* Southeast Asia dominates the world production of Pineapples.
- \* Costa Rica is the main exporter of Pineapples.
- \* A pineapple is actually many small fruit clustered together.
- \* James Dole started the first pineapple plantation in Hawaii in the year 1900.
- \* Pineapples are a symbol of hospitality



**Varieties:** The Smooth Cayenne is the most popular Golden Pineapple on the market today, due to the fact that they do not have spines. Baby Pineapples are also available occasionally. Pineapple is available fresh as well as canned.

**Selection:** Choose Pineapples that are heavy for their size. Look for some yellowing on the skin. Aroma should be sweet and fragrant. Leaves should be bright and vibrant, not dried out. Avoid pineapples with dark or soft spots, or fruit that smells off alcohol.

**Storage and Handling:** Use pineapples as quickly as you can after purchasing. Refrigerate to enjoy chilled or store at room temperature. Refrigerate cut pineapple in a tightly sealed container and use within 2-3 days.

**Nutritional Benefits:** Pineapple provides a good source of Manganese and Vitamin B1 and are high in Vitamin C.

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## Easy Ways To Enjoy Pineapples

- \* Pineapples are great as is, for dessert, but are also great in savory salads, rice dishes, stir-fries and sauces and glazes for meat, fish and poultry
- \* Pineapple is excellent on the grill. Brush with butter or olive oil and grill until well caramelized. Chop and add to salsa or top with ice-cream!
- \* Skewer chunks of pineapple, chicken and green onion for a fabulous grilled hors d'oeuvres.
- \* Don't forget Pineapple Upside down cake!
- \* Halve, score and scoop out pineapple meat, make a salad from the flesh and spoon back into the pineapple, for an attractive presentation



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