

Basic Report 09266, Pineapple, raw, all varieties [a](#)

Report Date: February 13, 2015 12:28 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup, chunks 165g	1 fruit 905g	1 slice (4-2/3" dia x 3/4" thick) 166g	1 slice (3-1/2" dia x 3/4" thick) 84g	1 slice, thin (3-1/2" dia x 1/2" thick) 56g
Proximates							
Water	g	86.00	141.90	778.30	142.76	72.24	48.16
Energy	kcal	50	82	452	83	42	28
Protein	g	0.54	0.89	4.89	0.90	0.45	0.30
Total lipid (fat)	g	0.12	0.20	1.09	0.20	0.10	0.07
Carbohydrate, by difference	g	13.12	21.65	118.74	21.78	11.02	7.35
Fiber, total dietary	g	1.4	2.3	12.7	2.3	1.2	0.8
Sugars, total	g	9.85	16.25	89.14	16.35	8.27	5.52
Minerals							
Calcium, Ca	mg	13	21	118	22	11	7
Iron, Fe	mg	0.29	0.48	2.62	0.48	0.24	0.16
Magnesium, Mg	mg	12	20	109	20	10	7
Phosphorus, P	mg	8	13	72	13	7	4
Potassium, K	mg	109	180	986	181	92	61
Sodium, Na	mg	1	2	9	2	1	1
Zinc, Zn	mg	0.12	0.20	1.09	0.20	0.10	0.07
Vitamins							
Vitamin C, total ascorbic acid	mg	47.8	78.9	432.6	79.3	40.2	26.8
Thiamin	mg	0.079	0.130	0.715	0.131	0.066	0.044
Riboflavin	mg	0.032	0.053	0.290	0.053	0.027	0.018
Niacin	mg	0.500	0.825	4.525	0.830	0.420	0.280
Vitamin B-6	mg	0.112	0.185	1.014	0.186	0.094	0.063
Folate, DFE	µg	18	30	163	30	15	10
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	3	5	27	5	3	2
Vitamin A, IU	IU	58	96	525	96	49	32
Vitamin E (alpha-tocopherol)	mg	0.02	0.03	0.18	0.03	0.02	0.01

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.7	1.2	6.3	1.2	0.6	0.4
Lipids							
Fatty acids, total saturated	g	0.009	0.015	0.081	0.015	0.008	0.005
Fatty acids, total monounsaturated	g	0.013	0.021	0.118	0.022	0.011	0.007
Fatty acids, total polyunsaturated	g	0.040	0.066	0.362	0.066	0.034	0.022
Cholesterol	mg	0	0	0	0	0	0
Other							
Caffeine	mg	0	0	0	0	0	0

Footnotes

^a Values based on data weighted 80% extra sweet variety, 20% traditional varieties.