

# Freeze-Dried Pineapple

## Prepare

To make one serving:

- 1 Open pouch, remove oxygen absorber.
- 2 Pour 1/4 cup of cool water in a bowl.
- 3 Add 1/4 cup of pineapple to cool water.
- 4 Let sit 5-10 minutes or until tender.
- 5 Or snack on them without reconstituting.

## Nutrition Facts

8 Servings Per Container

**Serving Size** 1/4 Cup (5g)

Amount per Serving

**Calories** **20**

% Daily Value

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 5g **2%**

Dietary Fiber 0g **0%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 0g

Vitamin D 0mcg **0%**

Calcium 4mg **0%**

Iron 0mg **0%**

Potassium 38mg **0%**

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

V2.2

INGREDIENTS: pineapple.

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NET WT. 1.41 oz (40g)

Makes 8 Servings