

# PINEAPPLE



## Nutrition Facts

Serving Size 2 slices, 3" diameter, 3/4" thick

| Calories                  | 50  | % Daily Value |
|---------------------------|-----|---------------|
| <b>Total Fat</b>          | 0g  | 0%            |
| <b>Sodium</b>             | 0mg | 0%            |
| <b>Total Carbohydrate</b> | 13g | 4%            |
| Dietary Fiber             | 1g  | 4%            |

**Protein** 1g

## Health Benefits

- Pineapple contains bromelain, an enzyme that may reduce inflammation in joints
- Good source of fiber for digestion
- High in vitamin C which helps heal cuts and wounds and keeps teeth and gums healthy
- High in manganese for muscle tone and bone health

## DIFFERENT USES

- Mix pineapples and cottage cheese together for a sweet and salty snack.
- Enjoy sweet pineapple slices hot off the grill as a side dish, burger topping or dessert.
- Try pineapple in a stir fry for some added zest.
- Make pineapple popsicles by stacking pineapple on kabobs for a kid-friendly snack.
- Use pineapple to create your own fresh salsa or Hawaiian pizza.

## FUN FACT

- Pineapple crowns were placed outside the entrance of Caribbean homes to symbolize hospitality and friendship.
- Pineapples are a composite of many flowers whose individual fruitlets fuse together around a central core.
- A pineapple plant will only produce one pineapple each growing season.
- Select pineapple with a nice fragrant smell.
- Named by explorers who thought it resembled a pinecone.