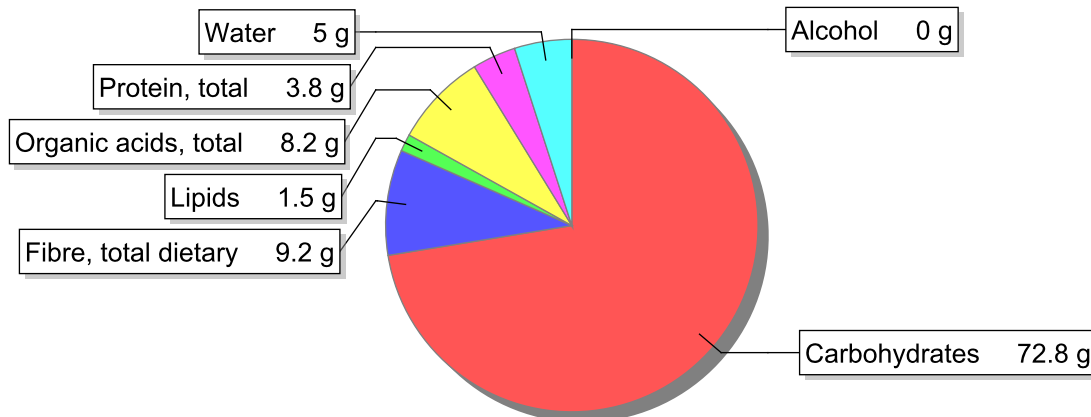


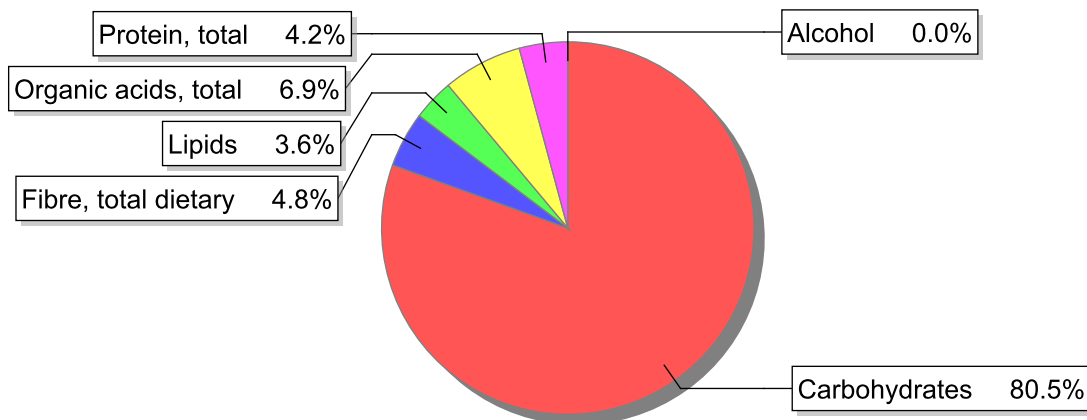
Food

Name: Pineapple, dehydrated
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 100%
Code:
FoodEX2 Code: A01QH

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	363	kcal	
energy kJ, total metabolisable	1540	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0.8	g	57
fatty acids, total polyunsaturated	0.8	g	
fatty acid 18:2 n-6 cis,cis	0.8	g	57
fatty acids, total trans	0	g	
sugars, total	72.8	g	58
sucrose	51.3	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	3.8	g	57
alcohol	0	g	
water	5	g	57
organic acids, total	8.2	g	
cholesterol	0	mg	
vitamin D	0	µg	
alpha-tocopherol	0.77	mg	
riboflavin	0.23	mg	57
niacin, preformed	4.6	mg	
niacin equivalents, total	5.36	mg	
niacin equivalents from tryptophan	0.77	mg	
vitamin B-6, total	0.69	mg	
vitamin B-12	0	µg	
folate, total	38.3	µg	
ash	1.53	g	
sodium	15	mg	57
potassium	1230	mg	
calcium	140	mg	57
phosphorus	54	mg	57
magnesium	100	mg	57
iron, total	2.3	mg	
zinc	0.8	mg	57

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB
58	Gonçalves Ferreira, FA; Silva Graça, ME (1985) - Tabela de Composição dos Alimentos Portugueses. Reimpressão da 2ª Edição de 1963. Instituto Nacional de Saúde Dr. Ricardo Jorge, Lisboa.