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Sweet pineapple nutrition information

Basic information: Gold Extra Sweet Pineapple Del Monte 1 serving 50 calories 14 grams carbohydrates 0 grams fat 1 grams fat 1 grams protein 1 grams fiber 0 mg cholesterol 0 mg saturated fat 0 mg sodium 0 mg sodium 0 grams sugar 0 grams sugar 0 grams trans fat Report problem with this food Note: All products purchased after pressing our Amazon buttons will give us a little referral bonus. If you click them, thank you! Written by Ryan Ramon, RD on May 26, 2018Pineapple (Ananas comosus) is an incredibly tasty and healthy tropical fruit. It originated in South America, where early European explorers named it after its resemblance to the Borcon (1). This popular fruit is full of nutrients, antioxidants and other beneficial compounds, such as enzymes that can fight inflammation and disease. Pineapple and its compounds are associated with many health benefits, including supporting digestion, boosting immunity and speeding up recovery from surgery, among others. Here are 8 impressive pineapple health benefits. Share on PinterestPineapples are low in calories but have an incredibly impressive nutritional profile. One cup (5.8 g or 165 grams) pineapple contains the following (2): Calories: 82.5Fat: 1.7 gramsProtein: 1 gram Carbs: 21.6 gramsFiber: 2.3 gVitamin C: 131% of 131% 131 76% of RDIVitamin B6: 9% of RDICopper: 9% of RDI Thiamine: 9% of RDIfolate: 7% of RDI 45% of RDI 4000000000