



34
SERVINGS



SHELF LIFE UP TO
30 YEARS

Certified



Gluten-Free

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Freeze Dried Pineapple Chunks

Nutrition Facts

Serving Size: 1/2 Cup (10g dry)
Servings Per Container: 34

Amount Per Serving	
Calories 40	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber less than 1g	3%
Sugars 8g	
Protein 0g	
Vitamin A 0%	Vitamin C 20%
Calcium 0%	Iron 2%

*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

DIRECTIONS:

Yield: 1/2 cup pineapple chunks.

1. Eat directly out of can or mix 1/2 cup pineapple chunks with 1 cup of warm water.
2. Let stand for 5 minutes.
3. Serve.

Use as a snack, in desserts, fruit smoothies, etc.

INGREDIENTS: Pineapple.

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