

Pineapple Pieces

Allergens - N/A

Ingredients

Quantity	Ingredient
1.5 kg	Pineapple (fresh)



Method

1. Prepare the pineapple into wedge slices.
2. Arrange the selection attractively in a serving container.

Nutritional Content per 50g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 27.8	= 0.1	= 0	= 6.9	= 0.0	= 6.9

Portion size - Primary - 50g

Reviewed October 2019