



Pineapple



Nutrition Facts

1 Cup (165 grams):

- 80 Calories
- Excellent source of Vitamin C (90%)
- Good source of Vitamin B6 (10%)
- Excellent source of Copper (20%)
- Excellent source of Manganese (70%)

Dole Recipe: Pineapple Carpaccio

(More recipes available at Dole.com)



Serves: 8 Prep Time: 10 minutes Cook Time: 3 minutes

Ingredients:

- 3 tablespoons olive oil
- 2 tablespoons white balsamic vinegar
- ¼ cup pine nuts
- 1 cup DOLE® Arugula
- ½ small DOLE Pineapple, peeled, quartered, cored and very thinly sliced crosswise

Directions:

- Whisk oil and vinegar in a small bowl. Makes about ½ cup.
- Toast pine nuts in a small skillet over medium-low heat 3 minutes or until golden brown and fragrant, stirring frequently; transfer to plate to cool.
- Toss arugula and half the oil-vinegar mixture in a medium bowl.
- Arrange pineapple slices on a serving plate; drizzle with remaining oil-vinegar mixture. Top pineapple with arugula mixture; sprinkle with pine nuts.

Nutrition Facts

servings per container
Serving size **One cup (165g)**

Amount per serving
Calories 80

Calories from Saturated Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Fluoride --mg

Total Carbohydrate 22g **8%**

Dietary Fiber 2g **7%**

Total Sugars 16g

Includes 0g Added Sugars **0%**

Protein 1g

Vit. D 0mcg 0% • Calcium 21mg 2%

Iron 0mg 0% • Potas. 180mg 4%

Vit. C 79mg 90% • Vit. B6 0.2mg 10%

Riboflavin 0.1mg 8% • Niacin 1mg 6%

Copper 0.2mg 20% • Thiamin 0.1mg 8%

Manganese 1.5mg 70%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

How to Cut a Pineapple



Step 1:
Twist off crown and cut pineapple in half lengthwise and then into long quarters.



Step 2:
Trim off ends and cut core from center of quarter.



Step 3:
Using a thin paring knife, remove shell from fruit.



Step 4:
Cut into bite-size pieces.

Research

Institutions worldwide have studied pineapple and its important nutrients, Here are a few relevant studies and nutrition talking points:

Vitamin C, found in pineapple, may help lower risk of cataracts.

Association of vitamin C with the risk of age-related cataract: a meta-analysis. Lin Wei, Ge Liang, Chunmei Cai and Jin Lv. Acta Ophthalmologica, 2015.

Research suggests the pineapple enzyme bromelain may help reduce inflammation associated with asthma.

Bromelain Inhibits Allergic Sensitization and Murine Asthma via Modulation of Dendritic Cells. Eric R. Secor Jr. et al. Evidence-Based Complementary and Alternative Medicine, Volume 2013, 2013.

Eating fruit like pineapple that is high in vitamin C may be beneficial for bone and joint health.

Effect of antioxidants on knee cartilage and bone in healthy, middle-aged subjects: a cross-sectional study. Yuanyuan Wang, Allison M. Hodge, Anita E. Wluka, Dallas R. English, Graham G. Giles, Richard O'Sullivan, Andrew Forbes, and Flavia M. Cicuttini. Arthritis Res Ther, Volume 9, Issue 4, 2007.

A study found bromelain, an enzyme in pineapple, may help delay or prevent tumor development.

Bromelain inhibits COX-2 expression by blocking the activation of MAPK regulated NF-kappa B against skin tumor-initiation triggering mitochondrial death pathway. Kulpreet Bhui, Sahdeo Prasad, Jasmine George, Yogeshwer Shukla. Cancer letters, Volume 282, Issue 2, Pages 167-176, September 2009.

Tweets

After cutting a fresh #pineapple save the core! Slice into squares and freeze to use as ice cubes in refreshing tropical drinks

Next time you fire up the grill, try grilling fresh #pineapple. It's tasty in salsas, parfaits, or simply on its own

Make pineapple boats by slicing the fruit in half & cutting the fruit from the shell. Fill with fruit salad, quinoa or rice dishes

At just 80 calories, one cup #pineapple packs 90% of daily vitamin C

Smoothies, parfaits, stirfrys or salads... What's your favorite way to eat fresh #pineapple?

Observances

April 20: National Pineapple Upside-Down Cake Day

June 27th: International Pineapple Day

