

PINEAPPLE JUICE

CANNED, UNSWEETENED

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 02/23/04

Product Description

Canned unsweetened pineapple juice is 100% juice, with no added sweeteners. This juice has been fortified with vitamin C.

Pack/Yield

The juice is packed in 46-ounce cans, which provide 7 $\frac{3}{4}$ -cup (6-ounce) servings.

Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- Store leftover pineapple juice in a covered container and refrigerate. Use within 5 to 7 days.

Uses and Tips

- Blend pineapple juice with fresh fruit, yogurt, and ice to make a fruit smoothie.
- Mix $\frac{1}{2}$ cup pineapple juice with $\frac{1}{2}$ cup sparkling water for a sparkling soda.

(See recipes on reverse side)



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Nutrition Information

- **Pineapple Juice** is low in fat and sodium.
- One serving of pineapple juice provides 75% of your daily value for vitamin C.
- A $\frac{3}{4}$ -cup serving of pineapple juice provides 1 serving from the **FRUIT GROUP** of the Food Guide Pyramid.

Nutrition Facts

Serving size $\frac{3}{4}$ cup (177ml)
canned pineapple juice

Amount Per Serving

Calories	105	Fat Cal	1
% Daily Value*			
Total Fat	.1g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	2mg		0%
Total Carbohydrate	25g		8%
Dietary Fiber	0g		1%
Sugars	23g		
Protein	0g		
Vitamin A	0%	Vitamin C	75%
Calcium	3%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.

Bubbling Pineapple Punch

1 46-ounce can chilled pineapple juice
1½ cups orange juice
2 quarts (1 liter) club soda
1 quart pineapple or orange sherbet

1. Mix pineapple juice, orange juice, and club soda together.
2. Drop spoonfuls of sherbet into punch, and stir until nearly melted.

Recipe provided by Dole

Makes 30 4-ounce servings

Nutrition Information for each serving of Bubbling Pineapple Punch:

Calories	105	Cholesterol	23 mg	Sugar	6 g	Calcium	11 mg
Calories from Fat	42	Sodium	15 mg	Protein	8 g	Iron	1.0 mg
Total Fat	4.7 g	Total Carbohydrate	7 g	Vitamin A	2 RE		
Saturated Fat	1.9 g	Dietary Fiber	0 g	Vitamin C	8 mg		

Juice Nut

2 cups pineapple juice, chilled
1 ripe banana, mashed
1 cup vanilla lowfat yogurt
2 tablespoons peanut butter
6 medium ice cubes

1. Mix ingredients in a bowl.
2. Pour into 3 10-ounce glasses.

Makes 3 servings

Recipe provided by Delmonte Foods

Nutrition Information for each serving of Juice Nut

Calories	261	Cholesterol	4 mg	Sugar	38 g	Calcium	167 mg
Calories from Fat	60	Sodium	105 mg	Protein	6 g	Iron	.7 mg
Total Fat	6.7 g	Total Carbohydrate	45 g	Vitamin A	16 RE		
Saturated Fat	1.8 g	Dietary Fiber	1 g	Vitamin C	22 mg		

Pineapple Milk Sherbet

1 cup pineapple juice
1 1/3 cups sugar
¼ cup lemon juice
2 teaspoons grated lemon rind
4 cups lowfat milk

1. Combine, in a bowl, the pineapple juice, sugar, lemon juice, lemon rind, and milk.
2. Pour in empty ice-cube tray. Place tray in freezer, and freeze until slushy.
3. Pour slush into bowl and beat until softened.
4. Return sherbet to ice cube tray, and freeze until of serving consistency.

Recipe provided by Recipecenter.com

Simple, but very good.

Makes 12 ½-cup servings

Nutrition Information for each serving of Pineapple Milk Sherbet:

Calories	261	Cholesterol	4 mg	Sugar	38 g	Calcium	167 mg
Calories from Fat	60	Sodium	105 mg	Protein	6 g	Iron	.7 mg
Total Fat	6.7 g	Total Carbohydrate	45 g	Vitamin A	16 RE		
Saturated Fat	1.8 g	Dietary Fiber	1 g	Vitamin C	22 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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