HEALTH BENEFITS OF PINEAPPLE

A single serving of pineapple is a 1/2 cup, diced.



A serving contains 35 calories and 10 g of carbohydrates



Has 16% of the daily requirement of Vitamin C

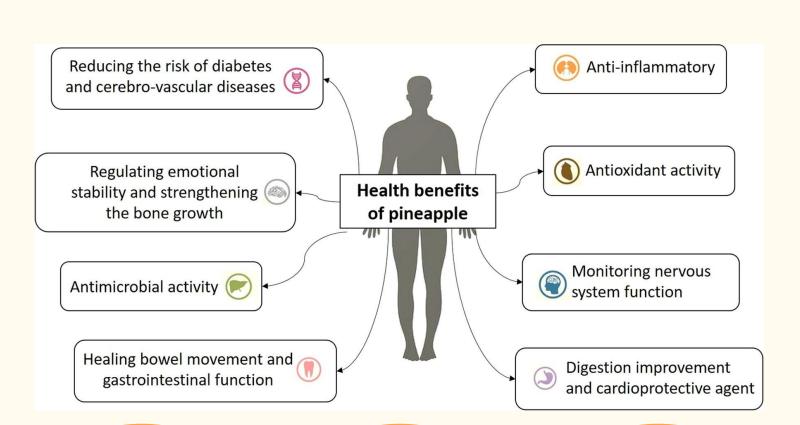
Has 73% of the daily requirment of manganese

Contains bromelain, which acts as an anti-inflammatory and aids in digestion.



Recipes with Pineapple

- Hawaiian Chicken Salad
- Pineapple Fried Rice
- BBQ Pineapple Chicken Kebabs
- Pineapple Glazed Salmon



Mohd Ali M, Hashim N, Abd Aziz S, Lasekan O. Pineapple (Ananas comosus): A comprehensive review of nutritional values, volatile compounds, health benefits, and potential food products. Food Res Int. 2020;137:109675. doi:10.1016/j.foodres.2020.109675