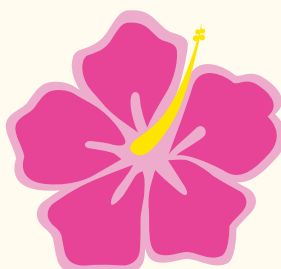


HEALTH BENEFITS OF PINEAPPLE

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 requirement 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

