

# Nutrition Facts

Hawaii Plantation Brand  
Pineapple Jam - 2.25 oz.

Nutrition Facts	
3 servings per container	
<b>Serving size</b>	<b>1 T (23g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 16g	
Includes 15g Added Sugars	<b>30%</b>
<b>Protein</b> 0g	<b>0%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	

## PINEAPPLE CHEWY CANDY

Nutrition Facts: Serving Size 1oz (28g); Serving per container 14; Calories 122; Calories from Fat 24; Total Fat 3g (4%DV); Saturated Fat (0%DV); Trans Fat 0g; Cholesterol 0mg (0%DV); Sodium 0mg (0%DV); Total Carbohydrates 24g (8%DV); Dietary Fiber 0g (0%DV); Sugars 17g; Protein 0g; Vitamin A (0%DV); Vitamin C (0%DV); Calcium (0%DV); Iron (0%DV). Percent Daily Values (DV) are based on 2,000 calorie diet.

## LYCHEE CHEWY CANDY

Nutrition Facts: Serving Size 1oz (28g); Serving per container 14; Calories 122; Calories from Fat 24; Total Fat 3g (4%DV); Saturated Fat (0%DV); Trans Fat 0g; Cholesterol 0mg (0%DV); Sodium 0mg (0%DV); Total Carbohydrates 24g (8%DV); Dietary Fiber 0g (0%DV); Sugars 17g; Protein 0g; Vitamin A (0%DV); Vitamin C (0%DV); Calcium (0%DV); Iron (0%DV). Percent Daily Values (DV) are based on 2,000 calorie diet.

## TARO STICKS

Nutrition Facts: Serving Size 1oz (30g); Serving per container 7; Calories 160; Calories from Fat 90; Total Fat 10g (15%DV); Saturated Fat 6g (30%DV); Trans Fat 0g; Cholesterol 0mg (0%DV); Sodium 140mg (6%DV); Total Carbohydrates 18g (6%DV); Dietary Fiber 1g (4%DV); Sugars 0g; Protein 1g; Vitamin A (0%DV); Vitamin C (2%DV); Calcium (2%DV); Iron (4%DV). Percent Daily Values (DV) are based on 2,000 calorie diet.