

Pineapple relish

Portions: 10

Food Groups	Amount Per Portion
Grains	0 ounce(s)
Whole Grains	0 ounce(s)
Refined Grains	0 ounce(s)
Vegetables	0 cup(s)
Dark Green	0 cup(s)
Red & Orange	0 cup(s)
Beans & Peas	0 cup(s)
Starchy	0 cup(s)
Other	0 cup(s)
Fruits	¼ cup(s)
Fruit Juice	0 cup(s)
Whole Fruit	¼ cup(s)
Dairy	0 cup(s)
Milk & Yogurt	0 cup(s)
Cheese	0 cup(s)
Protein Foods	0 ounce(s)
Seafood	0 ounce(s)
Meat, Poultry & Eggs	0 ounce(s)
Nuts, Seeds & Soy	0 ounce(s)
Oils	1 teaspoon
Limits	Amount Per Portion
Total Calories	39 Calories
Empty Calories*	0 Calories
Solid Fats	0 Calories
Added Sugars	0 Calories
*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.	
Nutrients	Amount Per Portion
Protein	0 g
Carbohydrate	4 g
Dietary Fiber	0 g
Total Sugars	3 g
Added Sugars	0 g
Total Fat	3 g
Saturated Fat	0 g

SuperTracker Recipe Analysis

Monounsaturated Fat	2 g
Polyunsaturated Fat	0 g
Linoleic Acid	0 g
α -Linolenic Acid	0.0 g
Omega 3 - EPA	0 mg
Omega 3 - DHA	0 mg
Cholesterol	0 mg
Minerals	Amount Per Portion
Calcium	6 mg
Potassium	45 mg
Sodium	234 mg
Copper	33 μ g
Iron	0 mg
Magnesium	5 mg
Phosphorus	5 mg
Selenium	0 μ g
Zinc	0 mg
Vitamins	Amount Per Portion
Vitamin A	5 μ g RAE
Vitamin B6	0.0 mg
Vitamin B12	0.0 μ g
Vitamin C	14 mg
Vitamin D	0 μ g
Vitamin E	0 mg AT
Vitamin K	2 μ g
Folate	5 μ g DFE
Thiamin	0.0 mg
Riboflavin	0.0 mg
Niacin	0 mg
Choline	2 mg
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