



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

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110236 – PEACHES, CANNED, CLINGSTONE, EXTRA LIGHT SUCROSE SYRUP, SLICED

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> • Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> • U.S. Grade B or better canned sliced yellow clingstone peaches are packed in extra light sucrose syrup.
PACK/YIELD	<ul style="list-style-type: none"> • 6/#10 cans per case. Each can contains about 105 oz (12½ cups) sliced peaches and juice. • One #10 can AP yields about 72 oz (9 cups) drained, sliced peaches and provides about 36.1 ¼-cup servings drained, sliced peaches OR about 50.0 ¼-cup servings fruit and juice. • CN Crediting: ¼ cup sliced peaches and juice OR ¼ cup drained, sliced peaches provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> • Store unopened canned sliced peaches in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. • Store opened canned sliced peaches covered and labeled in a dated nonmetallic container under refrigeration. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Peaches, sliced, extra light sucrose syrup

	¼ cup (63 g)	½ cup (126 g)
Calories	26.5	53
Protein	0.25 g	0.5 g
Carbohydrate	6.7 g	13.99 g
Dietary Fiber	0.65 g	1.3 g
Sugars	6.35 g	12.69 g
Total Fat	0.07 g	0.13 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.19 mg	0.38 mg
Calcium	3 mg	6 mg
Sodium	3 mg	6 mg
Magnesium	3 mg	6 mg
Potassium	46.5 mg	93 mg
Vitamin A	170 IU	340 IU
Vitamin A	9 RAE	18 RAE
Vitamin C	1.9 mg	3.8 mg
Vitamin E	0.31 mg	0.62 mg