

USDA United States Department of Agriculture Food and Nutrition Service

USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 06-20-13)

Visit us at <u>www.fns.usda.gov/fdd</u>

100220 – PEACHES, CANNED, CLINGSTONE, EXTRA LIGHT SYRUP, DICED

Nutrition Information

CATEGORY	• Vegetables/Fruits	Peaches, diced, extra light syrup		
		_	¹ ⁄ ₄ cup	¹ / ₂ cup
PRODUCT DESCRIPTION	• U.S. Grade B or better canned diced yellow clingstone peaches are packed in natural flavor packed in unsweetened fruit juice, unsweetened fruit juice from concentrate, extra light syrup, lightly sweetened fruit juices and water, lightly sweetened fruit juice or unsweetened peach juice.	Calories Protein Carbohydrate	(63 g) 26.5 0.25 g 6.70 g	(126 g) 53 0.5 g 13.99 g
PACK/YIELD	 6/#10 cans per case. Each can contains about 106 oz (12¹/₈ cups) diced peaches and juice. 	Dietary Fiber Sugars Total Fat	0.65 g 6.35 g 0.06 g	1.3 g 12.69 g 0.13 g
	• One #10 can AP yields about 79 oz (8 ³ / ₄ cups) drained, diced peaches and provides about 35.4 ¹ / ₄ -cup servings drained, diced peaches OR about 48.6 ¹ / ₄ -cup servings of fruit and juice.	Saturated Fat <i>Trans</i> Fat Cholesterol Iron Calcium Sodium Magnesium Potassium Vitamin A Vitamin A Vitamin C Vitamin E	0.0 g 0 g 0 mg 0.19 mg 3 mg 3 mg 46.5 mg 170 IU 9 RAE	0 g 0 g 0 mg 0.38 mg 6 mg 6 mg 93 mg 340 IU 18 RAE
	CN Crediting: ¹ / ₄ cup diced peaches and juice OR ¹ / ₄ cup drained, diced peaches provide ¹ / ₄ cup fruit.			
STORAGE	• Store unopened canned diced 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 diced peaches covered and labeled in a dated nonmetallic container under refrigeration.		1.9 mg 0.31 mg	3.8 mg 0.62 mg
	• Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.			





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PREPARATION/ COOKING INSTRUCTIONS	 Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. Use a clean and sanitized can opener. Diced peaches can be used right from the can, chilled or at room temperature. 	
USES AND TIPS	 Serve canned peaches chilled in their own juices, or chilled and drained as part of fruit salad, or with cottage cheese. Combine with other fresh, canned, or frozen fruit for fruit cups or compotes. Add peaches to gelatin. Serve peaches heated as a garnish for main dishes. Use as directed in recipes specifying peaches. Serve canned peaches chilled or use in recipes for main dishes, breads, cakes, cookies, or desserts. 	
FOOD SAFETY INFORMATION	 NEVER USE food from cans that are leaking, bulging, or are badly dented. DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened. Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements. 	
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: <u>http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf</u> .	

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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