



**USDA Foods Fact Sheet for Schools & Child Nutrition Institutions**

(last updated, 04-16-12)

Visit us at [www.fns.usda.gov/fdd](http://www.fns.usda.gov/fdd)

**100241 - PEACHES, FROZEN, FREESTONE, DICED,  
SINGLE SERVE, 4.4 OZ UNITS**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Diced yellow freestone peaches packed in individual serving cups.</li> <li>Grade B or better, cut 3/8 to 1/2 inch. May be packed in sugar, syrup, ascorbic acid and citric acid or juice. Composed of peach puree and sugar (11.5+ 1). The packing media is a 45° Brix syrup composed of peach puree, sugar, ascorbic acid and citric acid.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>96/4.4 oz units per case. Each unit contains 4.4 oz frozen diced peaches and juice.</li> <li>One 4.4 oz unit provides 1/2 cup thawed diced peaches and juice.</li> <li>CN Crediting: One 4.4 oz unit diced peaches and juice provides 1/2 cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen peach cups in freezer at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten shelf life and speed deterioration.</li> <li>Do not refreeze peach cups once thawed.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

**Nutrition Information**

Peaches, frozen, diced

	1/2 cup (125 g)
Calories	80
Protein	1 g
Carbohydrate	19 g
Dietary Fiber	1.0 g
Sugars	16 g
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	0.36 mg
Calcium	0 mg
Sodium	0 mg
Magnesium	6 mg
Potassium	162 mg
Vitamin A	300 IU
Vitamin A	18 RAE
Vitamin C	162 mg
Vitamin E	0.78 mg



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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Thaw unopened cups of peaches overnight in the refrigerator, spacing containers on shelves for good air circulation.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Peach cups are ready to thaw and serve as a fruit or as a snack.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Do not refreeze peaches.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: <a href="http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf">http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf</a>.</li> </ul>

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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