

A408 – PEACHES, CANNED, CLINGSTONE, SLICED, #10



Nutrition Information

Peaches, sliced, light syrup, fruit and juice

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 peaches; yellow clingstone. May be packed with fruit juice or light syrup. Sugar or similar sweetener, such as corn syrup, may be added.
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.

	¼ cup (63 g)	½ cup (126 g)
Calories	34	68
Protein	0.28 g	0.56 g
Carbohydrate	9.13 g	18.26 g
Dietary Fiber	0.8 g	1.6 g
Sugars	8.31 g	16.63 g
Total Fat	0.02 g	0.04 g
Saturated Fat	0.00 g	0.00 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.23 mg	0.45 mg
Calcium	2 mg	4 mg
Sodium	3 mg	6 mg
Magnesium	3 mg	6 mg
Potassium	61 mg	122 mg
Vitamin A	11 IU	23 IU
Vitamin A	222 RAE	444 RAE
Vitamin C	1.5 mg	3 mg
Vitamin E	0.31 mg	0.61 mg



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • 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. • Sliced peaches can be used right from the can, chilled or at room temperature.
USES AND TIPS	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • 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.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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