

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100220—Peaches, Diced, Extra Light Syrup, Canned

Category: **Fruits**



### PRODUCT DESCRIPTION

This item is U.S. Grade B canned diced peaches. This item is packed in extra light syrup that may consist of a variety of different packing mediums and/or sweeteners. This product is available in cases with six #10 cans.

### CREDITING/YIELD

- One case yields about 106 ½ -cup servings of drained, diced peaches.
- CN Crediting: ½ cup diced peaches credit as ½ cup fruit.

### CULINARY TIPS AND RECIPES

- Peaches can be added to fruit salads, used as a topping for yogurt, or served as a side at breakfast, lunch or afterschool snack.
- Use diced peaches to make a peach sauce or glaze for chicken.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

### FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

### NUTRITION FACTS

Serving size: 1/2 cup (126 g) peaches, diced, extra light syrup, canned

#### Amount Per Serving

**Calories** 60

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 5mg

**Total Carbohydrate** 14g

Dietary Fiber 1g

Sugars 13g

**Protein** 0g

Source: USDA Foods Vendor Labels

**Allergen Information:** Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.