

Full Report (All Nutrients) 09239, Peaches, canned, extra light syrup, solids and liquids (Includes foods for USDA's Food Distribution Program)

Report Date: July 17, 2019 07:02 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.69 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves or slices 247g
Proximates					
Water	g	88.20	1	--	217.85
Energy	kcal	42	--	--	104
Energy	kJ	176	--	--	435
Protein	g	0.40	--	--	0.99
Total lipid (fat)	g	0.10	1	--	0.25
Ash	g	0.24	--	--	0.59
Carbohydrate, by difference	g	11.10	--	--	27.42
Fiber, total dietary	g	1.0	--	--	2.5
Minerals					
Calcium, Ca	mg	5	1	--	12
Iron, Fe	mg	0.30	1	--	0.74
Magnesium, Mg	mg	5	1	--	12
Phosphorus, P	mg	11	1	--	27
Potassium, K	mg	74	1	--	183
Sodium, Na	mg	5	1	--	12
Zinc, Zn	mg	0.09	1	--	0.22
Copper, Cu	mg	0.050	1	--	0.124
Manganese, Mn	mg	0.047	--	--	0.116
Vitamins					
Vitamin C, total ascorbic acid	mg	3.0	1	--	7.4
Thiamin	mg	0.020	1	--	0.049

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves or slices 247g
Riboflavin	mg	0.020	1	--	0.049
Niacin	mg	0.800	1	--	1.976
Pantothenic acid	mg	0.050	--	--	0.124
Vitamin B-6	mg	0.019	--	--	0.047
Folate, total	µg	3	--	--	7
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	7
Folate, DFE	µg	3	--	--	7
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	14	1	--	35
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	270	1	--	667
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.011	--	--	0.027
16:0	g	0.009	--	--	0.022
18:0	g	0.001	--	--	0.002
Fatty acids, total monounsaturated	g	0.036	--	--	0.089
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.036	--	--	0.089
Fatty acids, total polyunsaturated	g	0.048	--	--	0.119
18:2 undifferentiated	g	0.047	--	--	0.116
18:3 undifferentiated	g	0.001	--	--	0.002
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.001	--	--	0.002
Threonine	g	0.016	--	--	0.040
Isoleucine	g	0.012	--	--	0.030
Leucine	g	0.023	--	--	0.057
Lysine	g	0.013	--	--	0.032
Methionine	g	0.010	--	--	0.025

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves or slices 247g
Cystine	g	0.003	--	--	0.007
Phenylalanine	g	0.013	--	--	0.032
Tyrosine	g	0.010	--	--	0.025
Valine	g	0.022	--	--	0.054
Arginine	g	0.010	--	--	0.025
Histidine	g	0.007	--	--	0.017
Alanine	g	0.024	--	--	0.059
Aspartic acid	g	0.067	--	--	0.165
Glutamic acid	g	0.061	--	--	0.151
Glycine	g	0.014	--	--	0.035
Proline	g	0.017	--	--	0.042
Serine	g	0.018	--	--	0.044

Other

Languag Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1350 PEACH
- C0229 FRUIT, PEEL REMOVED, CORE, PIT OR SEED REMOVED
- E0133 DIVIDED INTO HALVES, QUARTERS OR SEGMENTS
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0136 SUGAR OR SUGAR SYRUP ADDED
- J0123 STERILIZED BY HEAT
- K0030 PACKED IN SLIGHTLY SWEETENED WATER OR JUICE
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0220 NOT DRAINED