

**Basic Report 09244, Peaches, dehydrated (low-moisture), sulfured, uncooked**

**Report Date: February 21, 2018 18:07 EST**

Nutrient values and weights are for edible portion.

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 116g</b>
<b>Proximates</b>			
Water	g	7.50	8.70
Energy	kcal	325	377
Protein	g	4.89	5.67
Total lipid (fat)	g	1.03	1.19
Carbohydrate, by difference	g	83.18	96.49
<b>Minerals</b>			
Calcium, Ca	mg	38	44
Iron, Fe	mg	5.51	6.39
Magnesium, Mg	mg	57	66
Phosphorus, P	mg	162	188
Potassium, K	mg	1351	1567
Sodium, Na	mg	10	12
Zinc, Zn	mg	0.78	0.90
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	10.6	12.3
Thiamin	mg	0.039	0.045
Riboflavin	mg	0.110	0.128
Niacin	mg	4.825	5.597
Vitamin B-6	mg	0.159	0.184
Folate, DFE	µg	7	8
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	71	82
Vitamin A, IU	IU	1417	1644
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
<b>Lipids</b>			

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Fatty acids, total saturated	g	0.111	0.129
Fatty acids, total monounsaturated	g	0.377	0.437
Fatty acids, total polyunsaturated	g	0.498	0.578
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			