

**Basic Report 09241, Peaches, canned, heavy syrup pack, solids and liquids**
**Report Date: June 25, 2019 21:56 EDT**

Nutrient values and weights are for edible portion.

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 262g</b>	<b>1 half, with liquid 98g</b>
<b>Proximates</b>				
Water	g	79.28	207.71	77.69
Energy	kcal	74	194	73
Protein	g	0.45	1.18	0.44
Total lipid (fat)	g	0.10	0.26	0.10
Carbohydrate, by difference	g	19.94	52.24	19.54
Fiber, total dietary	g	1.3	3.4	1.3
Sugars, total	g	18.64	48.84	18.27
<b>Minerals</b>				
Calcium, Ca	mg	3	8	3
Iron, Fe	mg	0.27	0.71	0.26
Magnesium, Mg	mg	5	13	5
Phosphorus, P	mg	11	29	11
Potassium, K	mg	92	241	90
Sodium, Na	mg	6	16	6
Zinc, Zn	mg	0.09	0.24	0.09
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	2.8	7.3	2.7
Thiamin	mg	0.011	0.029	0.011
Riboflavin	mg	0.024	0.063	0.024
Niacin	mg	0.614	1.609	0.602
Vitamin B-6	mg	0.019	0.050	0.019
Folate, DFE	µg	3	8	3
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	17	45	17
Vitamin A, IU	IU	332	870	325
Vitamin E (alpha-tocopherol)	mg	0.49	1.28	0.48

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	1.7	4.5	1.7
<b>Lipids</b>				
Fatty acids, total saturated	g	0.010	0.026	0.010
Fatty acids, total monounsaturated	g	0.035	0.092	0.034
Fatty acids, total polyunsaturated	g	0.047	0.123	0.046
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0