



## PEACHES, CANNED

Date: August 2012

Code: 100218

### PRODUCT DESCRIPTION

- Canned peaches are U.S. Grade B, peeled yellow Clingstone or Freestone variety; they may be quartered, halved, sliced, or diced.
- Peaches may be packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.

### PACK/YIELD

- Each can contains about 15 ounces, which is about 2 cups or 4 servings (½ cup each).

### STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened peaches in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### USES AND TIPS

- Canned peaches are a delicious dessert or snack served directly from the can. They can be served chilled or at room temperature.
- Use canned peaches in baked fruit desserts like cobblers or crisps; they are also a great addition to fruit salads and smoothies.
- The fruit juice from the drained peaches can be thickened with flour or cornstarch and used as a fruit sauce for pancakes, waffles, or ice cream.
- Add peaches to ice cream, yogurt, or cottage cheese.

### NUTRITION INFORMATION

- ½ cup of peaches counts as ½ cup in the MyPlate.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups of fruit.
- ½ cup of peaches provides 5% of daily vitamin C needs.

### FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size: ½ cup (124g) canned peaches in light syrup, drained

#### Amount Per Serving

<b>Calories</b>	76	<b>Calories from Fat</b>	0
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#### % Daily Value\*

<b>Total Fat</b>	.19 g		<b>0%</b>
Saturated Fat	0 g		<b>0%</b>
<i>Trans</i> Fat	0 g		
<b>Cholesterol</b>	0 mg		<b>0%</b>
<b>Sodium</b>	0 mg		<b>0%</b>
<b>Total Carbohydrate</b>	19 g		<b>6%</b>
Dietary Fiber	1 g		<b>4%</b>
Sugars	13 g		
<b>Protein</b>	.69 g		
Vitamin A	12%	Vitamin C	5%
Calcium	0%	Iron	2%

\*Percent Daily Values are based on a 2,000 calorie diet.

Nutrient Values in the Nutrition Facts Label above are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

## PEACH COOLER

MAKES ABOUT 2 SERVINGS

### Ingredients

- 2 cups 1% low-fat milk
- 1 cup canned peaches, drained
- ½ teaspoon lemon juice
- ½ teaspoon nutmeg (if you like)

### Directions

1. Put all ingredients in a blender, or mix in a bowl. If using nutmeg, add that in too.
2. Blend well.
3. Serve cold.

Nutrition Information for 1 serving of Peach Cooler							
<b>Calories</b>	170	<b>Cholesterol</b>	10 mg	<b>Sugar</b>	25 g	<b>Vitamin C</b>	3 mg
<b>Calories from Fat</b>	20	<b>Sodium</b>	120 mg	<b>Protein</b>	9 g	<b>Calcium</b>	290 mg
<b>Total Fat</b>	3 g	<b>Total Carbohydrate</b>	30 g	<b>Vitamin A</b>	170 RAE	<b>Iron</b>	0 mg
<b>Saturated Fat</b>	2 g	<b>Dietary Fiber</b>	1 g				

*Recipe adapted from Allrecipes.com.*

## PEACH BRAN MUFFINS

MAKES ABOUT 12 SERVINGS

### Ingredients

- 1 ½ cups bran cereal
- 1 cup 1% low-fat milk
- 1 egg, beaten
- ¼ cup vegetable oil
- 1 cup flour
- ¼ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ½ teaspoon lemon peel (if you like)
- ¼ teaspoon salt
- 1 cup drained canned peaches, chopped
- Nonstick cooking spray

### Directions

1. Preheat oven to 400 degrees F.
2. In a medium bowl, combine bran cereal and milk; let soak for 3 minutes or until liquid is absorbed.
3. Stir in egg and oil.
4. In another bowl, combine flour, sugar, baking powder, baking soda, cinnamon, and salt. If using lemon peel, add that too.
5. Add bran mixture, all at once, to flour mixture, stirring just until wet; batter will be thick.
6. Gently stir in peaches.
7. Fill muffin cups coated with nonstick cooking spray to just below the rim, making sure not to fill completely.
8. Bake for 20-25 minutes.
9. Cool in pan for 10 minutes; remove and serve.

Nutrition Information for 1 serving of Peach Bran Muffins							
<b>Calories</b>	150	<b>Cholesterol</b>	20 mg	<b>Sugar</b>	10 g	<b>Vitamin C</b>	1 mg
<b>Calories from Fat</b>	40	<b>Sodium</b>	340 mg	<b>Protein</b>	4 g	<b>Calcium</b>	50 mg
<b>Total Fat</b>	5 g	<b>Total Carbohydrate</b>	24 g	<b>Vitamin A</b>	22 RAE	<b>Iron</b>	3 mg
<b>Saturated Fat</b>	1 g	<b>Dietary Fiber</b>	3 g				

*Recipe adapted from Georgia Peach Commission.*