



## PEACHES, CANNED

Date: August 2012

### 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.

### 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](#).

### 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

**Calories** 76 **Calories from Fat** 0

|                           |       | % Daily Value* |
|---------------------------|-------|----------------|
| <b>Total Fat</b>          | .19 g | <b>0%</b>      |
| Saturated Fat             | 0 g   | <b>0%</b>      |
| Trans 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.

## SUPER FRUIT SALAD

14 SERVINGS

### Ingredients

- 1 (15.25 oz.) can peaches, drained and diced
- 3 oranges, peeled, sectioned into thirds
- 3 apples, cored and cubed
- 2 bananas, sliced
- 1 c. low-fat yogurt, apricot or any fruit flavor
- 1 T. honey
- ½ tsp. ground cinnamon
- ¼ tsp. ground ginger

### Directions

1. In a medium sized bowl, combine prepared fruit.
2. In a separate small bowl, combine yogurt, honey, cinnamon and ginger.
3. Pour the yogurt mixture over the fruit. Mix well.
4. Refrigerate until ready to serve.

| Nutrition Information for 1 serving of Super Fruit Salad |     |                           |       |                  |      |                  |     |
|--|-----|---------------------------|-------|------------------|------|------------------|-----|
| <b>Calories</b>  | 90  | <b>Cholesterol</b>        | 0 mg  | <b>Sugar</b>     | 19 g | <b>Vitamin C</b> | 35% |
| <b>Calories from Fat</b>                                 | 0   | <b>Sodium</b>             | 10 mg | <b>Protein</b>   | 1 g  | <b>Calcium</b>   | 4%  |
| <b>Total Fat</b>   | 0 g | <b>Total Carbohydrate</b> | 24 g  | <b>Vitamin A</b> | 4%   | <b>Iron</b>      | 2%  |
| <b>Saturated Fat</b>                                     | 0 g | <b>Dietary Fiber</b>      | 2 g   |                  |      |                  |     |

## ANGEL FOOD DELIGHT

12 SERVINGS

### Ingredients

- 1 (16 oz.) box 1-step angel food cake mix
- 1 (16 oz. or 20 oz.) can fruit, packed in juice
- Low-fat whipped topping (optional)
- Fruit for garnish (optional)

### Directions

1. Preheat oven according to directions on cake mix.
2. If using 16 oz. of canned fruit, add ½ cup water to fruit.
3. In a large bowl, mash the fruit if sliced or whole. A potato masher or pastry blender works well for this.
4. Add angel food cake mix to fruit. Stir just until blended. Do not over mix.
5. Bake and cool according to directions on package.
6. Serve with whipped topping and fresh fruit, if desired.

| Nutrition Information for 1 serving of Angel Food Delight |     |                           |        |                  |      |                  |    |
|---|-----|---------------------------|--------|------------------|------|------------------|----|
| <b>Calories</b>   | 160 | <b>Cholesterol</b>        | 0 mg   | <b>Sugar</b>     | 27 g | <b>Vitamin C</b> | 2% |
| <b>Calories from Fat</b>                                  | 0   | <b>Sodium</b>             | 330 mg | <b>Protein</b>   | 3 g  | <b>Calcium</b>   | 4% |
| <b>Total Fat</b>  | 0 g | <b>Total Carbohydrate</b> | 35 g   | <b>Vitamin A</b> | 2%   | <b>Iron</b>      | 2% |
| <b>Saturated Fat</b>                                      | 0 g | <b>Dietary Fiber</b>      | 0 g    |                  |      |                  |    |