

100239– Peaches, Sliced, Frozen
Category: **Fruit****Product Description**

- This item is U.S. Grade A frozen sliced peaches. The peaches are packed in syrup or puree and delivered frozen in a 20-pound case.

Crediting/Yield

- One case yields about 55 ½-cup servings of thawed, drained peaches.
- CN Crediting: ½ cup peaches credit as ½ cup fruit.

Culinary Tips and Recipes

- Thawed, drained peaches can be added to fruit salads, salad bars, or used as an ingredient in baking.
- Cook peaches and use as a topping for whole grain pancakes, waffles, or yogurt.
- To find culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (125g) peaches, sliced, sweetened, frozen

Amount Per Serving

Calories 84

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 21g

Dietary Fiber 2g

Sugars 19g

Protein 1g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.