



Nutritional Fact Sheet

Peach Dices

Ingredients: Freeze-Dried Peaches

Description & Directions: Unsweetened Peaches Dices are ready to eat. 1 pound of freeze-dried peaches replaces 7 pounds of fresh.

Storage & Shelf-life: Store in original container in a cool, dry location, for 18 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 Grams Dry
Calories	371.22 kcal
Protein	6.55 g
Total Carbohydrate	86.12 g
Sugars	55.38 g
Added Sugars	0.00 g
Dietary Fiber	9.96 g
Total Fat	0.06 g
Saturated Fat	0.00 g
Cholesterol	0.00 mg
Thiamin – B1	0.16 mg
Riboflavin – B2	0.09 mg
Niacin – B3	-- mg
Vitamin B6	0.02 mg
Vitamin C	134.95 mg
Vitamin D	0.00 mcg
Calcium	27.89 mg
Iron	4.14 mg
Phosphorus	22.60 mg
Potassium	1211.58 mg
Sodium	26.88 mg
Trans Fat	0.00 g