



Nutritional Fact Sheet

Peach Slices

Ingredients: Freeze Dried Peaches

Description & Directions: Unsweetened Peaches 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	7g (app. 1/4 cup)
Energy (Calories)	371.22	25.99
Total Fat	0.06g	0.00g
Saturated Fat	0.00g	0.00g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	26.88mg	1.88mg
Total Carbohydrates	76.00g	5.32g
Dietary Fiber	9.96g	0.70g
Sugars	55.38g	3.88g
Protein	6.55g	0.46g
Vitamin A (IU)	0.00	0.00
Thaimin-B1	0.16mg	0.01mg
Riboflavin	0.09mg	0.01mg
Niacin	0.60mg	0.04mg
Vitamin B-6	0.02mg	0.00mg
Vitamin C	134.95mg	9.45mg
Calcium	27.89mg	1.95mg
Iron	4.14mg	0.29mg
Phosphorus	22.60mg	1.58mg
Potassium	1211.58mg	84.81mg

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