



PEACHES NUTRITION FACTS



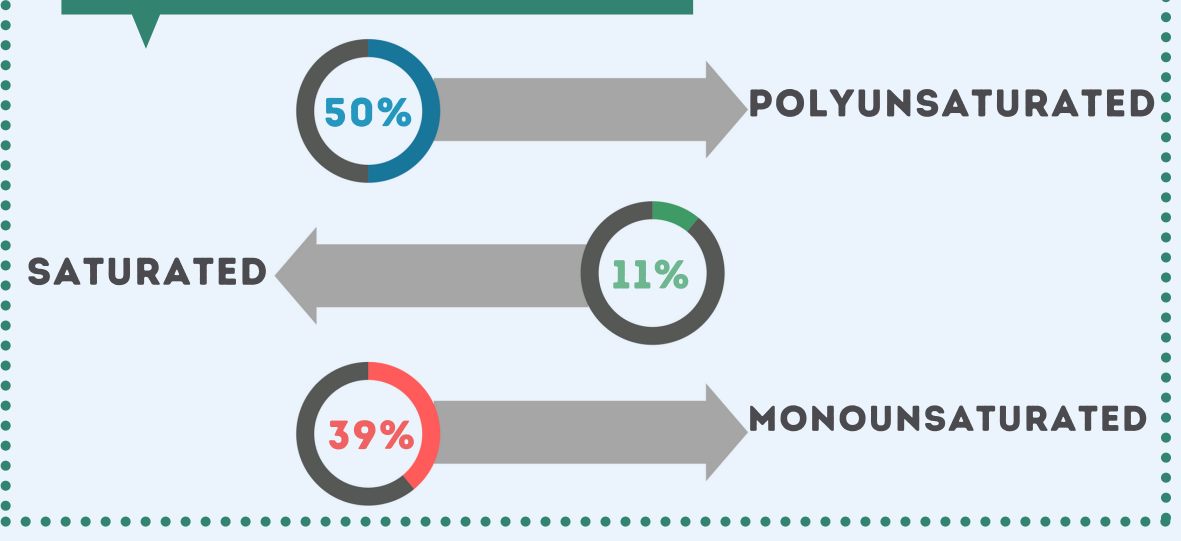
CALORIES 42/100GM

| | AMOUNT |
|--------------|----------|
| CARBOHYDRATE | 10.10 G |
| FAT | 0.27 G |
| PROTEIN | 0.91 G |
| CHOLESTEROL | 0.00 |
| FIBER | 1.5 G |
| RIBOFLAVIN | 0.031 MG |
| SODIUM, NA | 13 MG |
| THIAMIN | 0.024 MG |

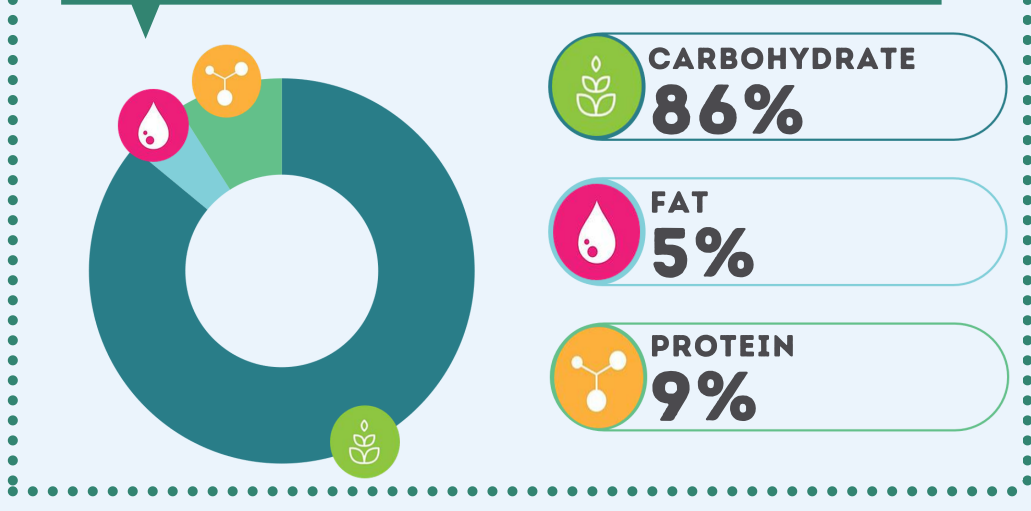
| | AMOUNT |
|-------------|----------|
| NIACIN | 0.806 MG |
| VITAMIN A | 24 MCG |
| VITAMIN B12 | 0.00 |
| VITAMIN B6 | 0.025 MG |
| VITAMIN C | 4.1 MG |
| VITAMIN D | 0.00 |
| FOLATE | 6 MCG |



FATS AND FATTY ACIDS



CALORIES BY SOURCE



PEACHES OTHER NAMES

PRUNUS PERSICA
MELOCOTÓN

MINERALS IN PEACHES

| | | |
|----------|---------------|----------|
| 4 MG | CALCIUM, CA | 0 % (DV) |
| 0.078 MG | COPPER, CU | 9 % (DV) |
| 0.34 MG | IRON, FE | 2 % (DV) |
| 8 MG | MAGNESIUM, MG | 2 % (DV) |
| 2.1 MCG | SELENIUM, SE | 4 % (DV) |
| 22 MG | PHOSPHORUS, P | 3 % (DV) |
| 122 MG | POTASSIUM, K | 3 % (DV) |
| 0.23 MG | ZINC, ZN | 2 % (DV) |

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.