

PEACHES, CANNED

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 02/23/04

Product Description

- **Canned Peaches** are peeled yellow clingstone or freestone varieties; they are packed as halves, quartered, sliced, or diced.
- Peaches are packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice (the label will state the packing medium).

Pack/Yield

- Clingstone peaches are packed in a #300 can, which is about 2 cups, or four ½-cup servings.
- Freestone peaches are packed in a #2½ can which is about 3 cups, or six ½-cup servings.

Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- Store opened peaches in a covered container and refrigerate. Use within 5 to 7 days.

Uses and Tips

- Canned peaches are a delicious dessert served directly from the can, with juice, either at room temperature or chilled. They are also a wonderful addition to any fruit or vegetable salad or dessert recipe.
- The juice from canned peaches can be drained and thickened with flour or



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cornstarch to make a fruit sauce for ice cream or pancakes.

- Freeze the drained juice in an ice cube tray; use instead of ice cubes in cold drinks or iced tea.
- Use the drained juice as part of the liquid when making gelatin desserts.

Nutrition Information

- **Peaches** - ½ cup serving provides 5% of the RDA for vitamin C.
- ½ cup of peaches provides 1 serving from the **FRUIT GROUP of the Food Guide Pyramid**.

(See recipes on reverse side)

| Nutrition Facts | |
|--|--------------|
| Serving size ½ cup (113g) peaches in light syrup | |
| Amount Per Serving | |
| Calories 67 | Fat Cal 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 6mg | 0% |
| Total Carbohydrate 18g | 6% |
| Dietary Fiber 1g | 4% |
| Protein 0g | |
| Vitamin A 2% | Vitamin C 5% |
| Calcium 0% | Iron 2% |
| *Percent Daily Values are based on a 2,000 calorie diet. | |

Bran-Peach Muffins

- 1½ cups whole bran cereal
- 1 cup 1% milk
- 1 egg, beaten
- ¼ cup vegetable oil
- 1 cup all-purpose flour
- ¼ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ½ teaspoon grated lemon peel (optional)
- ¼ teaspoon salt
- 1 cup drained canned peaches, chopped

Recipe provided by Georgia Peach Commission

1. In a medium bowl combine bran cereal and milk; let soak for 3 minutes, or until liquid is absorbed.
2. Stir in egg and oil.
3. In another bowl combine flour, sugar, baking powder, soda, cinnamon, lemon peel (optional) and salt.
4. Add bran mixture, all at once, to flour mixture, stirring *just* until moistened; batter will be thick.
5. Fold in peaches.
6. Fill greased (or paper-lined) muffin cups 2/3 full.
7. Bake at 400°F for 20-25 minutes.

Makes 15 muffins

Nutrition Information for each serving of Bran-Peach Muffins:

| | | | | | | | |
|-------------------|-------|--------------------|--------|-----------|-------|---------|--------|
| Calories | 107 | Cholesterol | 14 mg | Sugar | 4 g | Calcium | 46 mg |
| Calories from Fat | 37 | Sodium | 178 mg | Protein | 2 g | Iron | 1.6 mg |
| Total Fat | 4.2 g | Total Carbohydrate | 15 g | Vitamin A | 67 RE | | |
| Saturated Fat | .8 g | Dietary Fiber | 1 g | Vitamin C | 2 mg | | |

Peach Pancake Topping

- 1 can peaches, with juice
- 2 tablespoons honey or corn syrup
- ½ teaspoon cinnamon
- 2 teaspoons cornstarch
- 1 tablespoon water

Recipe provided by California Cling Peach Advisory Board

1. Coarsely chop peaches; reserve juice.
2. In saucepan mix peaches and juice with honey and cinnamon.
3. Dissolve cornstarch in water; add to peaches.
4. Heat on medium heat until mixture boils and thickens, about 4-5 minutes.
5. Spoon 1/3 cup over hot pancakes.

Makes 6 (1/3 cup) servings

Nutrition Information for each serving of Peach Pancake Topping:

| | | | | | | | |
|-------------------|-----|--------------------|------|-----------|-------|---------|-------|
| Calories | 70 | Cholesterol | 0 mg | Sugar | 5 g | Calcium | 5 mg |
| Calories from Fat | 28 | Sodium | 4 mg | Protein | 0 g | Iron | .4 mg |
| Total Fat | 0 g | Total Carbohydrate | 18 g | Vitamin A | 29 RE | | |
| Saturated Fat | 0 g | Dietary Fiber | 0 g | Vitamin C | 5 mg | | |

These recipes, presented to you by USDA, have not been tested or standardized.

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