

Basic Report 09236, Peaches, yellow, raw
Report Date: February 16, 2017 15:21 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup slices 154g	1 small (2-1/2" dia) 130g	1 medium (2-2/3" dia) 150g	1 large (2-3/4" dia) 175g	1 extra large (3" dia) 224g	1 NLEA serving 147g
Proximates								
Water	g	88.87	136.86	115.53	133.31	155.52	199.07	130.64
Energy	kcal	39	60	51	58	68	87	57
Protein	g	0.91	1.40	1.18	1.36	1.59	2.04	1.34
Total lipid (fat)	g	0.25	0.39	0.33	0.38	0.44	0.56	0.37
Carbohydrate, by difference	g	9.54	14.69	12.40	14.31	16.69	21.37	14.02
Fiber, total dietary	g	1.5	2.3	1.9	2.2	2.6	3.4	2.2
Sugars, total	g	8.39	12.92	10.91	12.59	14.68	18.79	12.33
Minerals								
Calcium, Ca	mg	6	9	8	9	10	13	9
Iron, Fe	mg	0.25	0.39	0.33	0.38	0.44	0.56	0.37
Magnesium, Mg	mg	9	14	12	14	16	20	13
Phosphorus, P	mg	20	31	26	30	35	45	29
Potassium, K	mg	190	293	247	285	332	426	279
Sodium, Na	mg	0	0	0	0	0	0	0
Zinc, Zn	mg	0.17	0.26	0.22	0.26	0.30	0.38	0.25
Vitamins								
Vitamin C, total ascorbic acid	mg	6.6	10.2	8.6	9.9	11.6	14.8	9.7
Thiamin	mg	0.024	0.037	0.031	0.036	0.042	0.054	0.035
Riboflavin	mg	0.031	0.048	0.040	0.047	0.054	0.069	0.046
Niacin	mg	0.806	1.241	1.048	1.209	1.411	1.805	1.185
Vitamin B-6	mg	0.025	0.038	0.033	0.037	0.044	0.056	0.037
Folate, DFE	µg	4	6	5	6	7	9	6
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	16	25	21	24	28	36	24
Vitamin A, IU	IU	326	502	424	489	570	730	479
Vitamin E (alpha-tocopherol)	mg	0.73	1.12	0.95	1.09	1.28	1.64	1.07

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	2.6	4.0	3.4	3.9	4.5	5.8	3.8
Lipids								
Fatty acids, total saturated	g	0.019	0.029	0.025	0.029	0.033	0.043	0.028
Fatty acids, total monounsaturated	g	0.067	0.103	0.087	0.101	0.117	0.150	0.098
Fatty acids, total polyunsaturated	g	0.086	0.132	0.112	0.129	0.150	0.193	0.126
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0