

Peaches, raw

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NDB No: 09236 (Nutrient values and weights are for edible portion)

Scientific Name: *Prunus persica*

Refuse: 4% (Pit)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	88.87	9	0.59
Energy	kcal	39	0	0
Energy	kJ	165	0	0
Protein	g	0.91	8	0.011
Total lipid (fat)	g	0.25	9	0.052
Ash	g	0.43	8	0.013
Carbohydrate, by difference	g	9.54	0	0
Fiber, total dietary	g	1.5	8	0.051
Sugars, total	g	8.39	8	0.351
Sucrose	g	4.76	8	0.093
Glucose (dextrose)	g	1.95	8	0.208
Fructose	g	1.53	8	0.052
Lactose	g	0.00	8	0
Maltose	g	0.08	8	0.059
Galactose	g	0.06	8	0.061
Starch	g	0.00	4	0
Minerals				
Calcium, Ca	mg	6	28	0.265
Iron, Fe	mg	0.25	31	0.019
Magnesium, Mg	mg	9	32	0.17
Phosphorus, P	mg	20	31	0.352
Potassium, K	mg	190	30	7.168
Sodium, Na	mg	0	26	0.043
Zinc, Zn	mg	0.17	32	0.028
Copper, Cu	mg	0.068	32	0.007
Manganese, Mn	mg	0.061	28	0.003
Fluoride, F	mcg	4.0	9	0
Selenium, Se	mcg	0.1	2	0

Vitamins				
Vitamin C, total ascorbic acid	mg	6.6	5	1.115
Thiamin	mg	0.024	8	0.005
Riboflavin	mg	0.031	8	0.004
Niacin	mg	0.806	8	0.004
Pantothenic acid	mg	0.153	8	0.046
Vitamin B-6	mg	0.025	8	0.01
Folate, total	mcg	4	4	0
Folic acid	mcg	0	0	0
Folate, food	mcg	4	4	0
Folate, DFE	mcg_DFE	4	0	0
Choline, total	mg	6.1	0	0
Betaine	mg	0.3	1	0
Vitamin B-12	mcg	0.00	0	0
Vitamin B-12, added	mcg	0.00	0	0
Vitamin A, IU	IU	326	32	11.69
Vitamin A, RAE	mcg_RAE	16	32	0.584
Retinol	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.73	5	0.086
Vitamin E, added	mg	0.00	0	0
Tocopherol, beta	mg	0.00	5	0
Tocopherol, gamma	mg	0.02	5	0.019
Tocopherol, delta	mg	0.00	5	0
Vitamin K (phylloquinone)	mcg	2.6	5	0.462
Lipids				
Fatty acids, total saturated	g	0.019	0	0
4:0	g	0.000	0	0
6:0	g	0.000	0	0
8:0	g	0.000	0	0
10:0	g	0.000	0	0
12:0	g	0.000	0	0
14:0	g	0.000	0	0
16:0	g	0.017	1	0
18:0	g	0.002	1	0
Fatty acids, total monounsaturated	g	0.067	0	0
16:1 undifferentiated	g	0.002	1	0
18:1 undifferentiated	g	0.065	1	0

20:1	g	0.000	0	0
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	0.086	0	0
18:2 undifferentiated	g	0.084	1	0
18:3 undifferentiated	g	0.002	1	0
18:4	g	0.000	0	0
20:4 undifferentiated	g	0.000	0	0
20:5 n-3	g	0.000	0	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	0	0
Cholesterol	mg	0	0	0
Phytosterols	mg	10	0	0
Amino acids				
Tryptophan	g	0.010	0	0
Threonine	g	0.016	0	0
Isoleucine	g	0.017	0	0
Leucine	g	0.027	0	0
Lysine	g	0.030	0	0
Methionine	g	0.010	0	0
Cystine	g	0.012	0	0
Phenylalanine	g	0.019	0	0
Tyrosine	g	0.014	0	0
Valine	g	0.022	0	0
Arginine	g	0.018	0	0
Histidine	g	0.013	0	0
Alanine	g	0.028	0	0
Aspartic acid	g	0.418	0	0
Glutamic acid	g	0.056	0	0
Glycine	g	0.021	0	0
Proline	g	0.018	0	0
Serine	g	0.032	0	0
Other				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Carotene, beta	mcg	162	32	5.768
Carotene, alpha	mcg	0	32	0.48

Cryptoxanthin, beta	mcg	67	32	4.385
Lycopene	mcg	0	8	0
Lutein + zeaxanthin	mcg	91	8	19.796

USDA National Nutrient Database for Standard Reference, Release 20 (2007)