



# Harvest of the Month

## Peaches

### Nutrition Facts

Serving Size: 1 medium peach (150g)

Calories 59

Calories from Fat 3

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	9%
Sugars 13g	
Protein 1g	
Vitamin A 10%	Calcium 1%
Vitamin C 17%	Iron 2%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

