



4.7



Peaches are chock-full of vitamins, minerals and antioxidants. They boast lots of potential health benefits, including improved digestion, a healthy heart, a strong immune system and improved allergy symptoms.

Fresh Peach

Serving Size Each Peach **Carbs: 10.68**

Served on Mon, 06/15/2026

Nutrients

Carbohydrate (gm)	10.68
Fiber (gm)	1.68
Total Fat (gm)	0.28
Saturated Fat (gm)	0.02
Total Sugar (g)	9.40
Protein (gm)	1.02
Calories	43.68

Ingredients

peach



Disclaimer

The information provided here is for general purpose use only. Yumyummi.com and the school district responsible for this data do not make any claims about the completeness, accuracy or reliability of this information. If you or your child has any food allergies, please contact your school district food and nutrition services for more information.

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