Cornell University
Cooperative Extension

173 South Grand Street
Cobleskill, New York 12043
t. 518.234.4303
t. 518.296.8310
f. 518.234.4305

Peach Cranberry Salad

Ingredients

4 canned peach halves

1 cup canned cranberry sauce

Makes 4 servings

Instructions

1. Place a peach half on each salad plate.
2. Spoon cranberry sauce into the center of each peach.

Notes:

- Use peaches canned in light syrup *or* fruit juices.
- If using peaches canned in heavy syrup, rinse and drain before doing step 2.
- Serve fruit on a bed of lettuce *or* a lettuce leaf.

Nutrition Facts

Serving Size 1/2 peach
Servings Per Container 4

Amount Per Serving

Calories 130	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 20mg	**1%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 2g	**8%**
Sugars 24g	
Protein 1g	

Vitamin A 40% • Vitamin C 15%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

0% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. February 2010

Eat Smart New York!
ESNY

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

EFNEP