



NUTRITIONAL VALUES TABLE

Greek canned peaches, apricots and fruit cocktail

	canned peaches		canned apricots		Fruit Cocktail	
	Light syrup	Heavy syrup	Light syrup	Heavy syrup	Light syrup	Heavy syrup
Energy Kcal :	54	74	63	83	57	73
Energy Kj :	226	310	264	347	238	305
Protein g :	0,45	0,45	0,53	0,51	0,4	0,39
Total lipid g :	0,03	0,1	0,05	0,09	0,07	0,07
Carbohydrate g :	14,55	19,94	16,49	21,45	16,49	18,91
Fiber g :	1,3	1,3	1,6	1,6	1,0	1,0
Sugars total g :	13,25	18,64	14,89	20,15	13,93	17,91
Iron Fe mg :	0,036	0,27	11	0,43	0,29	0,29
Sodium Na mg :	5	6	4	11	6	6
Vitamin C mg :	2,4	2,8	2,7	2,8	1,9	1,9

Ingredients

Apricot Ingredients:	Apricot, water, sugar, glucose-fructose syrup,(or juice). Acidity regulator: citric acid, Antioxidant: ascorbic acid. (in light o heavy syrup)
Peach Ingredients:	Peach, water, sugar, glucose-fructose syrup,(or juice). Acidity regulator: citric acid, Antioxidant: ascorbic acid. (in light o heavy syrup)
Fruit cocktail Ingredients:	Peaches, Pears, Pineapple, Grapes and Cherries. Acidity regulator: citric acid, Antioxidant: ascorbic acid. (in light o heavy syrup)

Canning basic information

Packsizes tins:	½ kg (14oz), 1 kg (29oz), A9, A10, A12,
Packsizes aseptic:	Aseptic Bags in Steel Drums (220 kg)
Cut types-sizes:	Halves, Slices, Dices 14x14
Cut for aseptic bags:	Dices 6x6, 10x10 (special order 8x8)
Cut Qualities:	Standard, Good Standard, Choice and Japan Choice
Sweetness:	Light (14-16) or heavy syrup (17-19)
Shelf-life:	4 years