



AA ORANGE, FRESH

Nutrition Facts

Serving Size: EACH
Serving per Container: 1

Amount Per Serving
Calories: 62 Calories from Fat 2

	% Daily Value ²
Total Fat 0.2g	0%
Saturated Fat 0.0g	0%
Trans Fat ¹ 0.0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15.4g	5%
Dietary Fiber 3.1g	12%
Sugars 12.2g	
Protein 1.2g	2%

Vitamin A 6% Vitamin C 116%
Calcium 5% Iron 1%



¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

² - Percent Daily Values are based on a 2,000 calorie diet.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

Allergens

Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
NO	NO	NO	NO	NO	NO	NO	NO

YES = Present NO = Absent ? = Undefined

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Basic Report 09205, Oranges, raw, with peel

Report Date: August 10, 2019 20:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 170g	1 fruit without seeds 159g
Proximates				
Water	g	82.30	139.91	130.86
Energy ^a	kcal	63	107	100
Protein	g	1.30	2.21	2.07
Total lipid (fat)	g	0.30	0.51	0.48
Carbohydrate, by difference	g	15.50	26.35	24.64
Fiber, total dietary	g	4.5	7.7	7.2
Minerals				
Calcium, Ca	mg	70	119	111
Iron, Fe	mg	0.80	1.36	1.27
Magnesium, Mg	mg	14	24	22
Phosphorus, P	mg	22	37	35
Potassium, K	mg	196	333	312
Sodium, Na	mg	2	3	3
Zinc, Zn	mg	0.11	0.19	0.17
Vitamins				
Vitamin C, total ascorbic acid	mg	71.0	120.7	112.9
Thiamin	mg	0.100	0.170	0.159
Riboflavin	mg	0.050	0.085	0.080
Niacin	mg	0.500	0.850	0.795
Vitamin B-6	mg	0.093	0.158	0.148
Folate, DFE	µg	30	51	48
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	13	22	21
Vitamin A, IU	IU	250	425	398
Lipids				
Fatty acids, total saturated	g	0.035	0.060	0.056

Nutrient	Unit	1 Value Per100 g	1 cup 170g	1 fruit without seeds 159g
Fatty acids, total monounsaturated	g	0.055	0.093	0.087
Fatty acids, total polyunsaturated	g	0.060	0.102	0.095
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0

Footnotes

^a The Atwater factors for fruit were used to calculate energy; however, the digestibility of peel is unknown.