

Basic Report 09200, Oranges, raw, all commercial varieties

Report Date: March 27, 2014 12:12 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	0.5 cup, sections 90g	1.0 large (3-1/16" dia) 184g	1.0 small (2-3/8" dia) 96g	1.0 fruit (2-5/8" dia) 131g
Proximates						
Water	g	86.75	78.08	159.62	83.28	113.64
Energy	kcal	47	42	86	45	62
Protein	g	0.94	0.85	1.73	0.90	1.23
Total lipid (fat)	g	0.12	0.11	0.22	0.12	0.16
Carbohydrate, by difference	g	11.75	10.58	21.62	11.28	15.39
Fiber, total dietary	g	2.4	2.2	4.4	2.3	3.1
Sugars, total	g	9.35	8.42	17.20	8.98	12.25
Minerals						
Calcium, Ca	mg	40	36	74	38	52
Iron, Fe	mg	0.10	0.09	0.18	0.10	0.13
Magnesium, Mg	mg	10	9	18	10	13
Phosphorus, P	mg	14	13	26	13	18
Potassium, K	mg	181	163	333	174	237
Sodium, Na	mg	0	0	0	0	0
Zinc, Zn	mg	0.07	0.06	0.13	0.07	0.09
Vitamins						
Vitamin C, total ascorbic acid	mg	53.2	47.9	97.9	51.1	69.7
Thiamin	mg	0.087	0.078	0.160	0.084	0.114
Riboflavin	mg	0.040	0.036	0.074	0.038	0.052
Niacin	mg	0.282	0.254	0.519	0.271	0.369
Vitamin B-6	mg	0.060	0.054	0.110	0.058	0.079
Folate, DFE	µg	30	27	55	29	39
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	11	10	20	11	14
Vitamin A, IU	IU	225	202	414	216	295
Vitamin E (alpha-tocopherol)	mg	0.18	0.16	0.33	0.17	0.24
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0

Nutrient	Unit	1 Value Per100 g	0.5 cup, sections 90g	1.0 large (3-1/16" dia) 184g	1.0 small (2-3/8" dia) 96g	1.0 fruit (2-5/8" dia) 131g
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0
Lipids						
Fatty acids, total saturated	g	0.015	0.013	0.028	0.014	0.020
Fatty acids, total monounsaturated	g	0.023	0.021	0.042	0.022	0.030
Fatty acids, total polyunsaturated	g	0.025	0.022	0.046	0.024	0.033
Cholesterol	mg	0	0	0	0	0
Other						
Caffeine	mg	0	0	0	0	0