

## Basic Report 09200, Oranges, raw, all commercial varieties

Report Date: September 15, 2019 20:22 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, sections 180g	1 large (3-1/16" dia) 184g	1 small (2-3/8" dia) 96g	1 fruit (2-5/8" dia) 131g
<b>Proximates</b>						
Water	g	86.75	156.15	159.62	83.28	113.64
Energy	kcal	47	85	86	45	62
Protein	g	0.94	1.69	1.73	0.90	1.23
Total lipid (fat)	g	0.12	0.22	0.22	0.12	0.16
Carbohydrate, by difference	g	11.75	21.15	21.62	11.28	15.39
Fiber, total dietary	g	2.4	4.3	4.4	2.3	3.1
Sugars, total	g	9.35	16.83	17.20	8.98	12.25
<b>Minerals</b>						
Calcium, Ca	mg	40	72	74	38	52
Iron, Fe	mg	0.10	0.18	0.18	0.10	0.13
Magnesium, Mg	mg	10	18	18	10	13
Phosphorus, P	mg	14	25	26	13	18
Potassium, K	mg	181	326	333	174	237
Sodium, Na	mg	0	0	0	0	0
Zinc, Zn	mg	0.07	0.13	0.13	0.07	0.09
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	53.2	95.8	97.9	51.1	69.7
Thiamin	mg	0.087	0.157	0.160	0.084	0.114
Riboflavin	mg	0.040	0.072	0.074	0.038	0.052
Niacin	mg	0.282	0.508	0.519	0.271	0.369
Vitamin B-6	mg	0.060	0.108	0.110	0.058	0.079
Folate, DFE	µg	30	54	55	29	39
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	11	20	20	11	14
Vitamin A, IU	IU	225	405	414	216	295
Vitamin E (alpha-tocopherol)	mg	0.18	0.32	0.33	0.17	0.24

Nutrient	Unit	1 Value Per100 g	1 cup, sections 180g	1 large (3-1/16" dia) 184g	1 small (2-3/8" dia) 96g	1 fruit (2-5/8" dia) 131g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.015	0.027	0.028	0.014	0.020
Fatty acids, total monounsaturated	g	0.023	0.041	0.042	0.022	0.030
Fatty acids, total polyunsaturated	g	0.025	0.045	0.046	0.024	0.033
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
<b>Amino Acids</b>						
<b>Other</b>						
Caffeine	mg	0	0	0	0	0