

Basic Report 09206, Orange juice, raw (Includes foods for USDA's Food Distribution Program)
Report Date: June 19, 2019 03:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 248g	1 fl oz 31g	1 fruit yields 86g
Proximates					
Water	g	88.30	218.98	27.37	75.94
Energy	kcal	45	112	14	39
Protein	g	0.70	1.74	0.22	0.60
Total lipid (fat)	g	0.20	0.50	0.06	0.17
Carbohydrate, by difference	g	10.40	25.79	3.22	8.94
Fiber, total dietary	g	0.2	0.5	0.1	0.2
Sugars, total	g	8.40	20.83	2.60	7.22
Minerals					
Calcium, Ca	mg	11	27	3	9
Iron, Fe	mg	0.20	0.50	0.06	0.17
Magnesium, Mg	mg	11	27	3	9
Phosphorus, P	mg	17	42	5	15
Potassium, K	mg	200	496	62	172
Sodium, Na	mg	1	2	0	1
Zinc, Zn	mg	0.05	0.12	0.02	0.04
Vitamins					
Vitamin C, total ascorbic acid	mg	50.0	124.0	15.5	43.0
Thiamin	mg	0.090	0.223	0.028	0.077
Riboflavin	mg	0.030	0.074	0.009	0.026
Niacin	mg	0.400	0.992	0.124	0.344
Vitamin B-6	mg	0.040	0.099	0.012	0.034
Folate, DFE	µg	30	74	9	26
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	10	25	3	9
Vitamin A, IU	IU	200	496	62	172
Vitamin E (alpha-tocopherol)	mg	0.04	0.10	0.01	0.03

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.1	0.2	0.0	0.1
Lipids					
Fatty acids, total saturated	g	0.024	0.060	0.007	0.021
Fatty acids, total monounsaturated	g	0.036	0.089	0.011	0.031
Fatty acids, total polyunsaturated	g	0.040	0.099	0.012	0.034
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0