

**Statistics Report 09206, Orange juice, raw (Includes foods for USDA's Food Distribution Program)**

Report Date: August 18, 2019 01:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	88.30	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	45	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	188	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	0.70	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.20	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.40	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	10.40	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	0.2	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1982
Sugars, total	g	8.40	--	--	0	0	--	--	--	--	Calculated or imputed	09215	01/2003
<b>Minerals</b>													
Calcium, Ca	mg	11	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.20	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	11	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	17	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	200	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	1	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.05	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.044	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.014	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.1	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	50.0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.090	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.030	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.400	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.190	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.040	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	30	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/1982
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	30	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2006
Folate, DFE	µg	30	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	6.2	--	--	0	0	--	--	--	--	Calculated or imputed	09209	12/2006
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	10	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/2006
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	33	--	--	0	0	--	--	--	--	Calculated or imputed	09215	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha	µg	6	--	--	0	0	--	--	--	--	Calculated or imputed	09215	01/2003
Cryptoxanthin, beta	µg	169	--	--	0	0	--	--	--	--	Calculated or imputed	09215	01/2003
Vitamin A, IU	IU	200	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	09215	01/2003
Lutein + zeaxanthin	µg	115	--	--	0	0	--	--	--	--	Calculated or imputed	09215	01/2003
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.1	--	--	0	0	--	--	--	--	Calculated or imputed	09215	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	0.024	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.001	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.021	16	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.001	10	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.036	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.005	16	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.032	16	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.040	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.029	16	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.011	16	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1982

**Amino Acids**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.002	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Threonine	g	0.008	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.008	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.013	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.009	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.003	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.005	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.009	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.004	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.011	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.047	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.003	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.015	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.075	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.033	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.009	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.044	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
Serine	g	0.013	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1982
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003



Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Flavonoids</b>													
Anthocyanidins													
Cyanidin <a href="#">1</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Eriodictyol <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	mg	0.2	130	0.02	0	1.88	--	--	--	--	--	--	--
Hesperetin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a>	mg	11.9	247	0.42	1.32	39.2	--	--	--	--	--	--	--
Naringenin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a>	mg	2.1	247	0.09	0	6.37	--	--	--	--	--	--	--
Flavones													
Apigenin <a href="#">2</a> <a href="#">16</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin <a href="#">16</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol <a href="#">16</a>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Myricetin <a href="#">16</a>	mg	0.1	--	--	0.05	0.05	--	--	--	--	--	--	--
Quercetin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">6</a> <a href="#">16</a>	mg	0.2	--	0.1	0	2.2	--	--	--	--	--	--	--

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