

Basic Report 09209, Orange juice, chilled, includes from concentrate

Report Date: August 20, 2019 20:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 249g	1 fl oz 31.1g
Proximates				
Water	g	87.22	217.18	27.13
Energy	kcal	49	122	15
Protein	g	0.68	1.69	0.21
Total lipid (fat)	g	0.12	0.30	0.04
Carbohydrate, by difference	g	11.54	28.73	3.59
Fiber, total dietary	g	0.3	0.7	0.1
Sugars, total	g	8.31	20.69	2.58
Minerals				
Calcium, Ca	mg	11	27	3
Iron, Fe	mg	0.13	0.32	0.04
Magnesium, Mg	mg	11	27	3
Phosphorus, P	mg	17	42	5
Potassium, K	mg	178	443	55
Sodium, Na	mg	2	5	1
Zinc, Zn	mg	0.07	0.17	0.02
Vitamins				
Vitamin C, total ascorbic acid	mg	33.6	83.7	10.4
Thiamin	mg	0.046	0.115	0.014
Riboflavin	mg	0.039	0.097	0.012
Niacin	mg	0.280	0.697	0.087
Vitamin B-6	mg	0.076	0.189	0.024
Folate, DFE	µg	19	47	6
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	2	5	1
Vitamin A, IU	IU	42	105	13
Vitamin E (alpha-tocopherol)	mg	0.20	0.50	0.06

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.014	0.035	0.004
Fatty acids, total monounsaturated	g	0.022	0.055	0.007
Fatty acids, total polyunsaturated	g	0.030	0.075	0.009
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0