

Basic Report 09214, Orange juice, frozen concentrate, unsweetened, undiluted

Report Date: August 24, 2019 00:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 262g	1 fl oz 33g
Proximates				
Water	g	60.57	158.69	19.99
Energy	kcal	148	388	49
Protein	g	2.40	6.29	0.79
Total lipid (fat)	g	0.25	0.66	0.08
Carbohydrate, by difference	g	35.19	92.20	11.61
Fiber, total dietary	g	1.0	2.6	0.3
Sugars, total	g	29.68	77.76	9.79
Minerals				
Calcium, Ca	mg	38	100	13
Iron, Fe	mg	0.33	0.86	0.11
Magnesium, Mg	mg	35	92	12
Phosphorus, P	mg	61	160	20
Potassium, K	mg	629	1648	208
Sodium, Na	mg	7	18	2
Zinc, Zn	mg	0.16	0.42	0.05
Vitamins				
Vitamin C, total ascorbic acid	mg	144.8	379.4	47.8
Thiamin	mg	0.275	0.721	0.091
Riboflavin	mg	0.175	0.458	0.058
Niacin	mg	1.093	2.864	0.361
Vitamin B-6	mg	0.260	0.681	0.086
Folate, DFE	µg	77	202	25
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	13	34	4
Vitamin A, IU	IU	264	692	87
Vitamin E (alpha-tocopherol)	mg	0.60	1.57	0.20

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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	0.4	1.0	0.1
Lipids				
Fatty acids, total saturated	g	0.059	0.155	0.019
Fatty acids, total monounsaturated	g	0.050	0.131	0.017
Fatty acids, total polyunsaturated	g	0.063	0.165	0.021
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0