

Basic Report 09215, Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water

Report Date: August 24, 2019 10:14 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	90.07	224.27	28.01
Energy	kcal	37	92	12
Protein	g	0.60	1.49	0.19
Total lipid (fat)	g	0.06	0.15	0.02
Carbohydrate, by difference	g	8.80	21.91	2.74
Fiber, total dietary	g	0.2	0.5	0.1
Sugars, total	g	7.42	18.48	2.31
Minerals				
Calcium, Ca	mg	12	30	4
Iron, Fe	mg	0.08	0.20	0.02
Magnesium, Mg	mg	10	25	3
Phosphorus, P	mg	15	37	5
Potassium, K	mg	158	393	49
Sodium, Na	mg	4	10	1
Zinc, Zn	mg	0.04	0.10	0.01
Vitamins				
Vitamin C, total ascorbic acid	mg	36.2	90.1	11.3
Thiamin	mg	0.069	0.172	0.021
Riboflavin	mg	0.044	0.110	0.014
Niacin	mg	0.273	0.680	0.085
Vitamin B-6	mg	0.065	0.162	0.020
Folate, DFE	µg	19	47	6
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	3	7	1
Vitamin A, IU	IU	66	164	21
Vitamin E (alpha-tocopherol)	mg	0.15	0.37	0.05

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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	0.1	0.2	0.0
Lipids				
Fatty acids, total saturated	g	0.015	0.037	0.005
Fatty acids, total monounsaturated	g	0.012	0.030	0.004
Fatty acids, total polyunsaturated	g	0.016	0.040	0.005
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0