

**Basic Report 09202, Oranges, raw, navels (Includes foods for USDA's Food Distribution Program)**

Report Date: July 22, 2019 18:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup sections, without membranes 165g	1 fruit (2-7/8" dia) 140g	1 NLEA serving 154g
<b>Proximates</b>					
Water	g	85.97	141.85	120.36	132.39
Energy	kcal	49	81	69	75
Protein	g	0.91	1.50	1.27	1.40
Total lipid (fat)	g	0.15	0.25	0.21	0.23
Carbohydrate, by difference	g	12.54	20.69	17.56	19.31
Fiber, total dietary	g	2.2	3.6	3.1	3.4
Sugars, total	g	8.50	14.03	11.90	13.09
<b>Minerals</b>					
Calcium, Ca	mg	43	71	60	66
Iron, Fe	mg	0.13	0.21	0.18	0.20
Magnesium, Mg	mg	11	18	15	17
Phosphorus, P	mg	23	38	32	35
Potassium, K	mg	166	274	232	256
Sodium, Na	mg	1	2	1	2
Zinc, Zn	mg	0.08	0.13	0.11	0.12
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	59.1	97.5	82.7	91.0
Thiamin	mg	0.068	0.112	0.095	0.105
Riboflavin	mg	0.051	0.084	0.071	0.079
Niacin	mg	0.425	0.701	0.595	0.655
Vitamin B-6	mg	0.079	0.130	0.111	0.122
Folate, DFE	µg	34	56	48	52
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	12	20	17	18
Vitamin A, IU	IU	247	408	346	380
Vitamin E (alpha-tocopherol)	mg	0.15	0.25	0.21	0.23

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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	0.0	0.0	0.0	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.017	0.028	0.024	0.026
Fatty acids, total monounsaturated	g	0.030	0.050	0.042	0.046
Fatty acids, total polyunsaturated	g	0.031	0.051	0.043	0.048
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0

**Amino Acids**

**Other**