

Full Report (All Nutrients) 09205, Oranges, raw, with peel

Report Date: February 17, 2018 23:45 EST

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:1% Refuse Description: Seeds

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 170g	1 fruit without seeds 159g
Proximates						
Water	g	82.30	--	--	139.91	130.86
Energy ^a	kcal	63	--	--	107	100
Energy	kJ	262	--	--	445	417
Protein	g	1.30	--	--	2.21	2.07
Total lipid (fat)	g	0.30	--	--	0.51	0.48
Ash	g	0.60	--	--	1.02	0.95
Carbohydrate, by difference	g	15.50	--	--	26.35	24.64
Fiber, total dietary	g	4.5	--	--	7.7	7.2
Minerals						
Calcium, Ca	mg	70	--	--	119	111
Iron, Fe	mg	0.80	--	--	1.36	1.27
Magnesium, Mg	mg	14	--	--	24	22
Phosphorus, P	mg	22	--	--	37	35
Potassium, K	mg	196	--	--	333	312
Sodium, Na	mg	2	--	--	3	3
Zinc, Zn	mg	0.11	--	--	0.19	0.17
Copper, Cu	mg	0.057	--	--	0.097	0.091
Selenium, Se	µg	0.7	--	--	1.2	1.1
Vitamins						
Vitamin C, total ascorbic acid	mg	71.0	--	--	120.7	112.9
Thiamin	mg	0.100	--	--	0.170	0.159

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 170g	1 fruit without seeds 159g
Riboflavin	mg	0.050	--	--	0.085	0.080
Niacin	mg	0.500	--	--	0.850	0.795
Pantothenic acid	mg	0.330	--	--	0.561	0.525
Vitamin B-6	mg	0.093	--	--	0.158	0.148
Folate, total	µg	30	--	--	51	48
Folic acid	µg	0	--	--	0	0
Folate, food	µg	30	--	--	51	48
Folate, DFE	µg	30	--	--	51	48
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	13	--	--	22	21
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	250	--	--	425	398
Lipids						
Fatty acids, total saturated	g	0.035	--	--	0.060	0.056
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.001	--	--	0.002	0.002
14:0	g	0.001	--	--	0.002	0.002
16:0	g	0.032	--	--	0.054	0.051
18:0	g	0.001	--	--	0.002	0.002
Fatty acids, total monounsaturated	g	0.055	--	--	0.093	0.087
16:1 undifferentiated	g	0.007	--	--	0.012	0.011
18:1 undifferentiated	g	0.048	--	--	0.082	0.076
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.060	--	--	0.102	0.095
18:2 undifferentiated	g	0.044	--	--	0.075	0.070
18:3 undifferentiated	g	0.016	--	--	0.027	0.025
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 170g	1 fruit without seeds 159g
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.012	--	--	0.020	0.019
Threonine	g	0.021	--	--	0.036	0.033
Isoleucine	g	0.035	--	--	0.060	0.056
Leucine	g	0.032	--	--	0.054	0.051
Lysine	g	0.066	--	--	0.112	0.105
Methionine	g	0.027	--	--	0.046	0.043
Cystine	g	0.014	--	--	0.024	0.022
Phenylalanine	g	0.043	--	--	0.073	0.068
Tyrosine	g	0.022	--	--	0.037	0.035
Valine	g	0.055	--	--	0.093	0.087
Arginine	g	0.090	--	--	0.153	0.143
Histidine	g	0.024	--	--	0.041	0.038
Alanine	g	0.070	--	--	0.119	0.111
Aspartic acid	g	0.158	--	--	0.269	0.251
Glutamic acid	g	0.131	--	--	0.223	0.208
Glycine	g	0.131	--	--	0.223	0.208
Proline	g	0.064	--	--	0.109	0.102
Serine	g	0.045	--	--	0.076	0.072
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Footnotes

^a The Atwater factors for fruit were used to calculate energy; however, the digestibility of peel is unknown.