

Full Report (All Nutrients) 09206, Orange juice, raw (Includes foods for USDA's Food Distribution Program)

Report Date: July 16, 2019 12:52 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 248g	1 fl oz 31g	1 fruit yields 86g
Proximates							
Water	g	88.30	--	--	218.98	27.37	75.94
Energy	kcal	45	--	--	112	14	39
Energy	kJ	188	--	--	466	58	162
Protein	g	0.70	--	--	1.74	0.22	0.60
Total lipid (fat)	g	0.20	--	--	0.50	0.06	0.17
Ash	g	0.40	--	--	0.99	0.12	0.34
Carbohydrate, by difference	g	10.40	--	--	25.79	3.22	8.94
Fiber, total dietary	g	0.2	--	--	0.5	0.1	0.2
Sugars, total	g	8.40	--	--	20.83	2.60	7.22
Minerals							
Calcium, Ca	mg	11	--	--	27	3	9
Iron, Fe	mg	0.20	--	--	0.50	0.06	0.17
Magnesium, Mg	mg	11	--	--	27	3	9
Phosphorus, P	mg	17	--	--	42	5	15
Potassium, K	mg	200	--	--	496	62	172
Sodium, Na	mg	1	--	--	2	0	1
Zinc, Zn	mg	0.05	--	--	0.12	0.02	0.04
Copper, Cu	mg	0.044	--	--	0.109	0.014	0.038
Manganese, Mn	mg	0.014	--	--	0.035	0.004	0.012
Selenium, Se	µg	0.1	--	--	0.2	0.0	0.1
Vitamins							
Vitamin C, total ascorbic acid	mg	50.0	--	--	124.0	15.5	43.0

Nutrient	Unit	1			1 cup 248g	1 fl oz 31g	1 fruit yields 86g
		Value Per100 g	Data points	Std. Error			
Thiamin	mg	0.090	--	--	0.223	0.028	0.077
Riboflavin	mg	0.030	--	--	0.074	0.009	0.026
Niacin	mg	0.400	--	--	0.992	0.124	0.344
Pantothenic acid	mg	0.190	--	--	0.471	0.059	0.163
Vitamin B-6	mg	0.040	--	--	0.099	0.012	0.034
Folate, total	µg	30	--	--	74	9	26
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	30	--	--	74	9	26
Folate, DFE	µg	30	--	--	74	9	26
Choline, total	mg	6.2	--	--	15.4	1.9	5.3
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	10	--	--	25	3	9
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	33	--	--	82	10	28
Carotene, alpha	µg	6	--	--	15	2	5
Cryptoxanthin, beta	µg	169	--	--	419	52	145
Vitamin A, IU	IU	200	--	--	496	62	172
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	115	--	--	285	36	99
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	0.10	0.01	0.03
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	0.1	--	--	0.2	0.0	0.1
Lipids							
Fatty acids, total saturated	g	0.024	--	--	0.060	0.007	0.021
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.001	2	--	0.002	0.000	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 248g	1 fl oz 31g	1 fruit yields 86g
16:0	g	0.021	16	--	0.052	0.007	0.018
18:0	g	0.001	10	--	0.002	0.000	0.001
Fatty acids, total monounsaturated	g	0.036	--	--	0.089	0.011	0.031
16:1 undifferentiated	g	0.005	16	--	0.012	0.002	0.004
18:1 undifferentiated	g	0.032	16	--	0.079	0.010	0.028
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.040	--	--	0.099	0.012	0.034
18:2 undifferentiated	g	0.029	16	--	0.072	0.009	0.025
18:3 undifferentiated	g	0.011	16	--	0.027	0.003	0.009
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Tryptophan	g	0.002	--	--	0.005	0.001	0.002
Threonine	g	0.008	--	--	0.020	0.002	0.007
Isoleucine	g	0.008	--	--	0.020	0.002	0.007
Leucine	g	0.013	--	--	0.032	0.004	0.011
Lysine	g	0.009	--	--	0.022	0.003	0.008
Methionine	g	0.003	--	--	0.007	0.001	0.003
Cystine	g	0.005	--	--	0.012	0.002	0.004
Phenylalanine	g	0.009	--	--	0.022	0.003	0.008
Tyrosine	g	0.004	--	--	0.010	0.001	0.003
Valine	g	0.011	--	--	0.027	0.003	0.009
Arginine	g	0.047	--	--	0.117	0.015	0.040
Histidine	g	0.003	--	--	0.007	0.001	0.003
Alanine	g	0.015	--	--	0.037	0.005	0.013
Aspartic acid	g	0.075	--	--	0.186	0.023	0.065
Glutamic acid	g	0.033	--	--	0.082	0.010	0.028

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 248g	1 fl oz 31g	1 fruit yields 86g
Glycine	g	0.009	--	--	0.022	0.003	0.008
Proline	g	0.044	--	--	0.109	0.014	0.038
Serine	g	0.013	--	--	0.032	0.004	0.011
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0
Flavonoids							
Anthocyanidins							
Cyanidin ¹	mg	0.0	3	0	0.0	0.0	0.0
Flavanones							
Eriodictyol ^{1 2 3 4 5}	mg	0.2	130	0.02	0.4	0.1	0.1
Hesperetin ^{1 2 3 4 5 6 7 8 9 10 11 12 13 14 15}	mg	11.9	247	0.42	29.6	3.7	10.3
Naringenin ^{1 2 3 4 5 6 7 8 9 10 11 12 13 14 15}	mg	2.1	247	0.09	5.3	0.7	1.8
Flavones							
Apigenin ^{2 16}	mg	0.0	20	0	0.0	0.0	0.0
Luteolin ¹⁶	mg	0.0	2	--	0.0	0.0	0.0
Flavonols							
Kaempferol ¹⁶	mg	0.0	2	--	0.0	0.0	0.0
Myricetin ¹⁶	mg	0.1	2	--	0.1	0.0	0.0
Quercetin ^{1 2 3 6 16}	mg	0.2	27	0.1	0.6	0.1	0.2

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Languag Code(s)

- A0127 FRUIT JUICE (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1339 ORANGE
- C0300 JUICE
- E0114 LIQUID, LOW VISCOSITY, WITH SMALL PARTICLES
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION