

Basic Report 09207, Orange juice, canned, unsweetened [a](#)

Report Date: July 23, 2019 01:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 249g	1 fl oz 31.1g	1 drink box (8.45 fl oz) 263g
Proximates					
Water	g	87.72	218.42	27.28	230.70
Energy	kcal	47	117	15	124
Protein	g	0.68	1.69	0.21	1.79
Total lipid (fat)	g	0.15	0.37	0.05	0.39
Carbohydrate, by difference	g	11.01	27.41	3.42	28.96
Fiber, total dietary	g	0.3	0.7	0.1	0.8
Sugars, total	g	8.76	21.81	2.72	23.04
Minerals					
Calcium, Ca	mg	10	25	3	26
Iron, Fe	mg	0.10	0.25	0.03	0.26
Magnesium, Mg	mg	10	25	3	26
Phosphorus, P	mg	17	42	5	45
Potassium, K	mg	184	458	57	484
Sodium, Na	mg	4	10	1	11
Zinc, Zn	mg	0.04	0.10	0.01	0.11
Vitamins					
Vitamin C, total ascorbic acid	mg	30.1	74.9	9.4	79.2
Thiamin	mg	0.039	0.097	0.012	0.103
Riboflavin	mg	0.021	0.052	0.007	0.055
Niacin	mg	0.201	0.500	0.063	0.529
Vitamin B-6	mg	0.031	0.077	0.010	0.082
Folate, DFE	µg	24	60	7	63
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	9	22	3	24
Vitamin A, IU	IU	175	436	54	460

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Vitamin E (alpha-tocopherol)	mg	0.20	0.50	0.06	0.53
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	0.3
Lipids					
Fatty acids, total saturated	g	0.018	0.045	0.006	0.047
Fatty acids, total monounsaturated	g	0.025	0.062	0.008	0.066
Fatty acids, total polyunsaturated	g	0.034	0.085	0.011	0.089
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0

Footnotes

^a Includes juice box