

Full Report (All Nutrients) 09207, Orange juice, canned, unsweetened [a](#)

Report Date: August 21, 2019 09:37 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 249g	1 fl oz 31.1g	1 drink box (8.45 fl oz) 263g
Proximates							
Water 1	g	87.72	3	0.070	218.42	27.28	230.70
Energy	kcal	47	--	--	117	15	124
Energy	kJ	196	--	--	488	61	515
Protein 1	g	0.68	3	0.010	1.69	0.21	1.79
Total lipid (fat) 1	g	0.15	3	0.007	0.37	0.05	0.39
Ash 1	g	0.43	3	0.070	1.07	0.13	1.13
Carbohydrate, by difference	g	11.01	--	--	27.41	3.42	28.96
Fiber, total dietary 1	g	0.3	1	--	0.7	0.1	0.8
Sugars, total 1	g	8.76	3	0.140	21.81	2.72	23.04
Sucrose 1	g	4.06	3	0.100	10.11	1.26	10.68
Glucose (dextrose) 1	g	2.27	3	0.080	5.65	0.71	5.97
Fructose 1	g	2.43	3	0.160	6.05	0.76	6.39
Lactose 1	g	0.00	3	0.000	0.00	0.00	0.00
Maltose 1	g	0.00	3	0.000	0.00	0.00	0.00
Galactose 1	g	0.00	3	0.000	0.00	0.00	0.00
Minerals							
Calcium, Ca 1	mg	10	2	--	25	3	26
Iron, Fe 1	mg	0.10	3	0.010	0.25	0.03	0.26
Magnesium, Mg 1	mg	10	3	0.000	25	3	26
Phosphorus, P 1	mg	17	3	0.000	42	5	45
Potassium, K 1	mg	184	3	2.000	458	57	484

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Sodium, Na 1	mg	4	3	0.000	10	1	11
Zinc, Zn 1	mg	0.04	3	0.001	0.10	0.01	0.11
Copper, Cu 1	mg	0.022	3	0.008	0.055	0.007	0.058
Manganese, Mn 1	mg	0.021	3	0.002	0.052	0.007	0.055
Selenium, Se	µg	0.1	--	--	0.2	0.0	0.3
Fluoride, F 1	µg	31.3	51	2.800	77.9	9.7	82.3
Vitamins							
Vitamin C, total ascorbic acid 1	mg	30.1	3	4.300	74.9	9.4	79.2
Thiamin 1	mg	0.039	3	0.003	0.097	0.012	0.103
Riboflavin 1	mg	0.021	3	0.001	0.052	0.007	0.055
Niacin 1	mg	0.201	3	0.007	0.500	0.063	0.529
Pantothenic acid 1	mg	0.180	3	0.006	0.448	0.056	0.473
Vitamin B-6 1	mg	0.031	3	0.000	0.077	0.010	0.082
Folate, total 1	µg	24	1	--	60	7	63
Folic acid 1	µg	0	1	--	0	0	0
Folate, food 1	µg	24	--	--	60	7	63
Folate, DFE	µg	24	--	--	60	7	63
Choline, total	mg	6.2	--	--	15.4	1.9	16.3
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	9	--	--	22	3	24
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	29	--	--	72	9	76
Carotene, alpha	µg	5	--	--	12	2	13
Cryptoxanthin, beta	µg	148	--	--	369	46	389
Vitamin A, IU	IU	175	28	5.000	436	54	460
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	115	--	--	286	36	302
Vitamin E (alpha-tocopherol)	mg	0.20	--	--	0.50	0.06	0.53
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	0.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 249g	1 fl oz 31.1g	1 drink box (8.45 fl oz) 263g
Lipids							
Fatty acids, total saturated	g	0.018	--	--	0.045	0.006	0.047
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	0.000	--	--	0.000	0.000	0.000
16:0	g	0.018	--	--	0.045	0.006	0.047
18:0	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.025	--	--	0.062	0.008	0.066
16:1 undifferentiated	g	0.004	--	--	0.010	0.001	0.011
18:1 undifferentiated	g	0.021	--	--	0.052	0.007	0.055
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	0.034	--	--	0.085	0.011	0.089
18:2 undifferentiated	g	0.027	--	--	0.067	0.008	0.071
18:3 undifferentiated	g	0.007	--	--	0.017	0.002	0.018
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	0.005
Threonine	g	0.008	--	--	0.020	0.002	0.021
Isoleucine	g	0.007	--	--	0.017	0.002	0.018
Leucine	g	0.013	--	--	0.032	0.004	0.034
Lysine	g	0.009	--	--	0.022	0.003	0.024
Methionine	g	0.003	--	--	0.007	0.001	0.008
Cystine	g	0.005	--	--	0.012	0.002	0.013

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Phenylalanine	g	0.008	--	--	0.020	0.002	0.021
Tyrosine	g	0.003	--	--	0.007	0.001	0.008
Valine	g	0.010	--	--	0.025	0.003	0.026
Arginine	g	0.046	--	--	0.115	0.014	0.121
Histidine	g	0.003	--	--	0.007	0.001	0.008
Alanine	g	0.015	--	--	0.037	0.005	0.039
Aspartic acid	g	0.073	--	--	0.182	0.023	0.192
Glutamic acid	g	0.032	--	--	0.080	0.010	0.084
Glycine	g	0.009	--	--	0.022	0.003	0.024
Proline	g	0.043	--	--	0.107	0.013	0.113
Serine	g	0.013	--	--	0.032	0.004	0.034
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6f, 2002 Beltsville MD

Footnotes

^a Includes juice box

Langual 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
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0001 TREATMENT APPLIED NOT KNOWN
- J0123 STERILIZED BY HEAT
- K0003 NO PACKING MEDIUM USED
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0105 UNSWEETENED CLAIM OR USE