

Basic Report 09218, Tangerines, (mandarin oranges), raw

Report Date: November 20, 2017 08:49 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, sections 195g	1 small (2-1/4" dia) 76g	1 medium (2-1/2" dia) 88g	1 large (2-3/4" dia) 120g	1 NLEA serving 109g
Proximates							
Water	g	85.17	166.08	64.73	74.95	102.20	92.84
Energy	kcal	53	103	40	47	64	58
Protein	g	0.81	1.58	0.62	0.71	0.97	0.88
Total lipid (fat)	g	0.31	0.60	0.24	0.27	0.37	0.34
Carbohydrate, by difference	g	13.34	26.01	10.14	11.74	16.01	14.54
Fiber, total dietary	g	1.8	3.5	1.4	1.6	2.2	2.0
Sugars, total	g	10.58	20.63	8.04	9.31	12.70	11.53
Minerals							
Calcium, Ca	mg	37	72	28	33	44	40
Iron, Fe	mg	0.15	0.29	0.11	0.13	0.18	0.16
Magnesium, Mg	mg	12	23	9	11	14	13
Phosphorus, P	mg	20	39	15	18	24	22
Potassium, K	mg	166	324	126	146	199	181
Sodium, Na	mg	2	4	2	2	2	2
Zinc, Zn	mg	0.07	0.14	0.05	0.06	0.08	0.08
Vitamins							
Vitamin C, total ascorbic acid	mg	26.7	52.1	20.3	23.5	32.0	29.1
Thiamin	mg	0.058	0.113	0.044	0.051	0.070	0.063
Riboflavin	mg	0.036	0.070	0.027	0.032	0.043	0.039
Niacin	mg	0.376	0.733	0.286	0.331	0.451	0.410
Vitamin B-6	mg	0.078	0.152	0.059	0.069	0.094	0.085
Folate, DFE	µg	16	31	12	14	19	17
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	34	66	26	30	41	37
Vitamin A, IU	IU	681	1328	518	599	817	742
Vitamin E (alpha-tocopherol)	mg	0.20	0.39	0.15	0.18	0.24	0.22

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Lipids							
Fatty acids, total saturated	g	0.039	0.076	0.030	0.034	0.047	0.043
Fatty acids, total monounsaturated	g	0.060	0.117	0.046	0.053	0.072	0.065
Fatty acids, total polyunsaturated	g	0.065	0.127	0.049	0.057	0.078	0.071
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0