

**Full Report (All Nutrients) 09218, Tangerines, (mandarin oranges), raw**

**Report Date: February 23, 2018 21:08 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:26% Refuse Description: Peel and seeds**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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
<b>Proximates</b>									
Water <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	85.17	15	0.761	166.08	64.73	74.95	102.20	92.84
Energy	kcal	53	--	--	103	40	47	64	58
Energy	kJ	223	--	--	435	169	196	268	243
Protein <a href="#">1</a> <a href="#">2</a>	g	0.81	9	0.012	1.58	0.62	0.71	0.97	0.88
Total lipid (fat) <a href="#">1</a> <a href="#">2</a>	g	0.31	7	0.041	0.60	0.24	0.27	0.37	0.34
Ash <a href="#">1</a> <a href="#">2</a>	g	0.38	9	0.026	0.74	0.29	0.33	0.46	0.41
Carbohydrate, by difference	g	13.34	--	--	26.01	10.14	11.74	16.01	14.54
Fiber, total dietary <a href="#">1</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	1.8	9	0.205	3.5	1.4	1.6	2.2	2.0
Sugars, total <a href="#">1</a> <a href="#">3</a>	g	10.58	8	0.980	20.63	8.04	9.31	12.70	11.53
Sucrose <a href="#">1</a> <a href="#">3</a>	g	6.05	8	0.664	11.80	4.60	5.32	7.26	6.59
Glucose (dextrose) <a href="#">1</a> <a href="#">3</a>	g	2.13	8	0.085	4.15	1.62	1.87	2.56	2.32
Fructose <a href="#">1</a> <a href="#">3</a>	g	2.40	8	0.233	4.68	1.82	2.11	2.88	2.62
Lactose <a href="#">1</a>	g	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00
Maltose <a href="#">1</a>	g	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00
Galactose <a href="#">1</a>	g	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00
Starch <a href="#">1</a>	g	0.00	1	--	0.00	0.00	0.00	0.00	0.00
<b>Minerals</b>									
Calcium, Ca <a href="#">1</a> <a href="#">2</a>	mg	37	9	0.752	72	28	33	44	40
Iron, Fe <a href="#">1</a> <a href="#">2</a>	mg	0.15	9	0.011	0.29	0.11	0.13	0.18	0.16
Magnesium, Mg <a href="#">1</a> <a href="#">2</a>	mg	12	9	0.068	23	9	11	14	13

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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
Phosphorus, P <a href="#">1</a> <a href="#">2</a>	mg	20	9	0.105	39	15	18	24	22
Potassium, K <a href="#">1</a> <a href="#">2</a>	mg	166	9	2.145	324	126	146	199	181
Sodium, Na <a href="#">1</a>	mg	2	3	0.908	4	2	2	2	2
Zinc, Zn <a href="#">1</a> <a href="#">2</a>	mg	0.07	9	0.001	0.14	0.05	0.06	0.08	0.08
Copper, Cu <a href="#">1</a> <a href="#">2</a>	mg	0.042	9	0.001	0.082	0.032	0.037	0.050	0.046
Manganese, Mn <a href="#">1</a> <a href="#">2</a>	mg	0.039	9	0.004	0.076	0.030	0.034	0.047	0.043
Selenium, Se <a href="#">1</a>	µg	0.1	2	--	0.2	0.1	0.1	0.1	0.1
<b>Vitamins</b>									
Vitamin C, total ascorbic acid <a href="#">1</a> <a href="#">2</a>	mg	26.7	9	1.868	52.1	20.3	23.5	32.0	29.1
Thiamin <a href="#">1</a> <a href="#">2</a>	mg	0.058	9	0.008	0.113	0.044	0.051	0.070	0.063
Riboflavin <a href="#">1</a> <a href="#">2</a>	mg	0.036	9	0.003	0.070	0.027	0.032	0.043	0.039
Niacin <a href="#">1</a> <a href="#">2</a>	mg	0.376	9	0.011	0.733	0.286	0.331	0.451	0.410
Pantothenic acid <a href="#">1</a> <a href="#">2</a>	mg	0.216	9	0.009	0.421	0.164	0.190	0.259	0.235
Vitamin B-6 <a href="#">1</a> <a href="#">2</a>	mg	0.078	9	0.003	0.152	0.059	0.069	0.094	0.085
Folate, total <a href="#">1</a> <a href="#">2</a>	µg	16	9	2.360	31	12	14	19	17
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	16	9	2.360	31	12	14	19	17
Folate, DFE	µg	16	--	--	31	12	14	19	17
Choline, total <a href="#">1</a>	mg	10.2	--	--	19.9	7.8	9.0	12.2	11.1
Betaine <a href="#">1</a>	mg	0.1	1	--	0.2	0.1	0.1	0.1	0.1
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE <a href="#">2</a> <a href="#">7</a>	µg	34	--	--	66	26	30	41	37
Retinol	µg	0	--	--	0	0	0	0	0
Carotene, beta <a href="#">1</a> <a href="#">2</a> <a href="#">7</a>	µg	155	12	58.677	302	118	136	186	169
Carotene, alpha <a href="#">1</a> <a href="#">7</a>	µg	101	8	86.390	197	77	89	121	110
Cryptoxanthin, beta <a href="#">1</a> <a href="#">7</a>	µg	407	8	77.610	794	309	358	488	444
Vitamin A, IU <a href="#">2</a> <a href="#">7</a>	IU	681	--	--	1328	518	599	817	742
Lycopene <a href="#">1</a> <a href="#">7</a>	µg	0	8	0.000	0	0	0	0	0
Lutein + zeaxanthin <a href="#">1</a> <a href="#">7</a>	µg	138	8	105.174	269	105	121	166	150
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.20	3	0.083	0.39	0.15	0.18	0.24	0.22
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00

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Tocopherol, beta <a href="#">1</a>	mg	0.00	3	0.000	0.00	0.00	0.00	0.00	0.00
Tocopherol, gamma <a href="#">1</a>	mg	0.00	3	0.000	0.00	0.00	0.00	0.00	0.00
Tocopherol, delta <a href="#">1</a>	mg	0.00	3	0.000	0.00	0.00	0.00	0.00	0.00
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) <a href="#">1</a>	µg	0.0	3	0.000	0.0	0.0	0.0	0.0	0.0
<b>Lipids</b>									
Fatty acids, total saturated	g	0.039	--	--	0.076	0.030	0.034	0.047	0.043
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
14:0	g	0.002	--	--	0.004	0.002	0.002	0.002	0.002
16:0	g	0.035	--	--	0.068	0.027	0.031	0.042	0.038
18:0	g	0.002	--	--	0.004	0.002	0.002	0.002	0.002
Fatty acids, total monounsaturated	g	0.060	--	--	0.117	0.046	0.053	0.072	0.065
16:1 undifferentiated	g	0.007	--	--	0.014	0.005	0.006	0.008	0.008
18:1 undifferentiated	g	0.053	--	--	0.103	0.040	0.047	0.064	0.058
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.065	--	--	0.127	0.049	0.057	0.078	0.071
18:2 undifferentiated	g	0.048	--	--	0.094	0.036	0.042	0.058	0.052
18:3 undifferentiated	g	0.018	--	--	0.035	0.014	0.016	0.022	0.020
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
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
<b>Amino Acids</b>									
Tryptophan <a href="#">1</a>	g	0.002	--	--	0.004	0.002	0.002	0.002	0.002

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Threonine <a href="#">1</a>	g	0.016	--	--	0.031	0.012	0.014	0.019	0.017	
Isoleucine <a href="#">1</a>	g	0.017	--	--	0.033	0.013	0.015	0.020	0.019	
Leucine <a href="#">1</a>	g	0.028	--	--	0.055	0.021	0.025	0.034	0.031	
Lysine <a href="#">1</a>	g	0.032	--	--	0.062	0.024	0.028	0.038	0.035	
Methionine <a href="#">1</a>	g	0.002	--	--	0.004	0.002	0.002	0.002	0.002	
Cystine <a href="#">1</a>	g	0.002	--	--	0.004	0.002	0.002	0.002	0.002	
Phenylalanine <a href="#">1</a>	g	0.018	--	--	0.035	0.014	0.016	0.022	0.020	
Tyrosine <a href="#">1</a>	g	0.015	--	--	0.029	0.011	0.013	0.018	0.016	
Valine <a href="#">1</a>	g	0.021	--	--	0.041	0.016	0.018	0.025	0.023	
Arginine <a href="#">1</a>	g	0.068	--	--	0.133	0.052	0.060	0.082	0.074	
Histidine <a href="#">1</a>	g	0.011	--	--	0.021	0.008	0.010	0.013	0.012	
Alanine <a href="#">1</a>	g	0.028	--	--	0.055	0.021	0.025	0.034	0.031	
Aspartic acid <a href="#">1</a>	g	0.129	--	--	0.252	0.098	0.114	0.155	0.141	
Glutamic acid <a href="#">1</a>	g	0.061	--	--	0.119	0.046	0.054	0.073	0.066	
Glycine <a href="#">1</a>	g	0.019	--	--	0.037	0.014	0.017	0.023	0.021	
Proline <a href="#">1</a>	g	0.074	--	--	0.144	0.056	0.065	0.089	0.081	
Serine <a href="#">1</a>	g	0.033	--	--	0.064	0.025	0.029	0.040	0.036	
<b>Other</b>										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	
Caffeine	mg	0	--	--	0	0	0	0	0	
Theobromine	mg	0	--	--	0	0	0	0	0	
<b>Flavonoids</b>										
Flavanones										
Hesperetin <a href="#">10</a> <a href="#">11</a>	mg	7.9	11	2.12	15.5	6.0	7.0	9.5	8.7	
Naringenin <a href="#">10</a> <a href="#">11</a>	mg	10.0	11	1.47	19.5	7.6	8.8	12.0	10.9	
Flavones										
Apigenin <a href="#">12</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0	
Luteolin <a href="#">12</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0	
Flavonols										
Kaempferol <a href="#">12</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0	
Myricetin <a href="#">12</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0	
Quercetin <a href="#">12</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0	

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Isoflavones									
Daidzein <a href="#">13</a>	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00
Genistein <a href="#">13</a>	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00
Total isoflavones <a href="#">13</a>	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00
Proanthocyanidin									
Proanthocyanidin dimers <a href="#">8 9</a>	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin trimers <a href="#">8 9</a>	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin 4-6mers <a href="#">8 9</a>	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin 7-10mers <a href="#">8 9</a>	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin polymers (>10mers) <a href="#">8 9</a>	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6d, 2002 Beltsville MD

<sup>2</sup>Produce Marketing Association (PMA) Nutrient Content of Tangerines, 1992

<sup>3</sup>Nutrient Data Laboratory, ARS, USDA Variability of the sugar content of foods, 1989 Beltsville MD

<sup>4</sup>J Marlett Content and composition of dietary fiber in 117 frequently consumed foods, 1992 Journal of the American Dietetic Association 92 2

<sup>5</sup>Nutrient Data Laboratory, ARS, USDA Analysis of low-fat and new food items, 1993 Beltsville MD

<sup>6</sup>National Cancer Institute (NCI), DHHS Total dietary fiber content of selected foods, 1992

<sup>7</sup>National Institutes of Health (NIH) Carotenoid analyses of U.S. foods, Food Composition Laboratory, 1997

<sup>8</sup>Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation, 2003 J. Agric. Food Chem. 51 pp.7513-7521

<sup>9</sup>Hellström, Törrönen, A.R., and Matilla, P.H. Proanthocyanidins in common food products of plant origin, 2009 J. Agric. Food Chem. 57 pp.7899-7906

<sup>10</sup>del Caro, A., Piga, A., Vacca, V., and Agabbio, M. Changes of flavonoids, vitamin C, and antioxidant capacity in minimally processed citrus segments and juices during storage., 2004 Food Chemistry 84 pp.99-105

<sup>11</sup>Franke, A.A., Custer, L.J., Arakaki, C., and Murphy, S.P. Vitamin C and flavonoid levels of fruits and vegetables consumed in Hawaii., 2004 J. Food Comp. Anal. 17 pp.1-35

<sup>12</sup>Lugasi, A. and Hovari, J. Flavonoid aglycons in foods of plant origin II. Fresh and dried fruits., 2002 Acta Alimentaria 31 1 pp.63-71

<sup>13</sup>Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. Daidzein and genistein content of fruits and nuts., 2000 J. Nutr. Biochem. 11 pp.326-331