

Basic Report 36629, Restaurant, Chinese, orange chicken [a](#)

Report Date: September 19, 2019 15:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 order 648g	3.0 pieces 63g
Proximates				
Water	g	48.43	313.83	30.51
Energy	kcal	262	1698	165
Protein	g	14.46	93.70	9.11
Total lipid (fat)	g	12.68	82.17	7.99
Carbohydrate, by difference	g	22.46	145.54	14.15
Fiber, total dietary	g	0.8	5.2	0.5
Sugars, total	g	13.60	88.13	8.57
Minerals				
Calcium, Ca	mg	14	91	9
Iron, Fe	mg	0.94	6.09	0.59
Magnesium, Mg	mg	20	130	13
Phosphorus, P	mg	130	842	82
Potassium, K	mg	209	1354	132
Sodium, Na	mg	553	3583	348
Zinc, Zn	mg	1.13	7.32	0.71
Vitamins				
Vitamin C, total ascorbic acid	mg	0.9	5.8	0.6
Thiamin	mg	0.043	0.279	0.027
Riboflavin	mg	0.220	1.426	0.139
Niacin	mg	3.590	23.263	2.262
Vitamin B-6	mg	0.230	1.490	0.145
Folate, DFE	µg	10	65	6
Vitamin B-12	µg	0.20	1.30	0.13
Vitamin A, RAE	µg	75	486	47
Vitamin A, IU	IU	264	1711	166

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Vitamin E (alpha-tocopherol)	mg	1.07	6.93	0.67
Vitamin D (D2 + D3)	µg	0.1	0.6	0.1
Vitamin D	IU	5	32	3
Vitamin K (phylloquinone)	µg	24.4	158.1	15.4
Lipids				
Fatty acids, total saturated	g	2.422	15.695	1.526
Fatty acids, total monounsaturated	g	3.474	22.512	2.189
Fatty acids, total polyunsaturated	g	6.086	39.437	3.834
Fatty acids, total trans	g	0.053	0.343	0.033
Cholesterol	mg	61	395	38
Amino Acids				
Other				
Caffeine	mg	0	0	0

Footnotes

^a Rice and broccoli were not included in analyses.