

Basic Report 42270, Beverages, Orange juice drink

Report Date: June 15, 2019 21:12 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	86.20	214.64	26.81	226.71
Energy	kcal	54	134	17	142
Protein	g	0.20	0.50	0.06	0.53
Total lipid (fat)	g	0.00	0.00	0.00	0.00
Carbohydrate, by difference	g	13.41	33.39	4.17	35.27
Fiber, total dietary	g	0.2	0.5	0.1	0.5
Sugars, total	g	9.36	23.31	2.91	24.62
Minerals					
Calcium, Ca	mg	2	5	1	5
Iron, Fe	mg	0.11	0.27	0.03	0.29
Magnesium, Mg	mg	3	7	1	8
Phosphorus, P	mg	4	10	1	11
Potassium, K	mg	42	105	13	110
Sodium, Na	mg	2	5	1	5
Zinc, Zn	mg	0.02	0.05	0.01	0.05
Vitamins					
Vitamin C, total ascorbic acid	mg	15.0	37.4	4.7	39.5
Thiamin	mg	0.380	0.946	0.118	0.999
Riboflavin	mg	0.430	1.071	0.134	1.131
Niacin	mg	5.000	12.450	1.555	13.150
Vitamin B-6	mg	0.500	1.245	0.155	1.315
Folate, DFE	µg	4	10	1	11
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	2	5	1	5
Vitamin A, IU	IU	44	110	14	116
Vitamin E (alpha-tocopherol)	mg	0.02	0.05	0.01	0.05

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Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.010	0.025	0.003	0.026
Fatty acids, total polyunsaturated	g	0.010	0.025	0.003	0.026
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