

**Basic Report 14064, Beverages, Orange juice, light, No pulp**

**Report Date: September 23, 2017 21:12 EDT**

Nutrient values and weights are for edible portion.

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>8.0 fl oz 240g</b>
<b>Proximates</b>			
Water	g	94.19	226.06
Energy	kcal	21	50
Protein	g	0.21	0.50
Total lipid (fat)	g	0.00	0.00
Carbohydrate, by difference	g	5.42	13.01
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	4.17	10.01
<b>Minerals</b>			
Calcium, Ca	mg	0	0
Iron, Fe	mg	0.00	0.00
Magnesium, Mg	mg	10	24
Phosphorus, P	mg	4	10
Potassium, K	mg	188	451
Sodium, Na	mg	4	10
Zinc, Zn	mg	0.02	0.05
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	30.0	72.0
Thiamin	mg	0.063	0.151
Riboflavin	mg	0.028	0.067
Niacin	mg	0.333	0.799
Vitamin B-6	mg	0.050	0.120
Folate, DFE	µg	10	24
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	10	24
Vitamin A, IU	IU	208	499
Vitamin E (alpha-tocopherol)	mg	1.25	3.00

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0