



# ORANGE NUTRITION FACTS

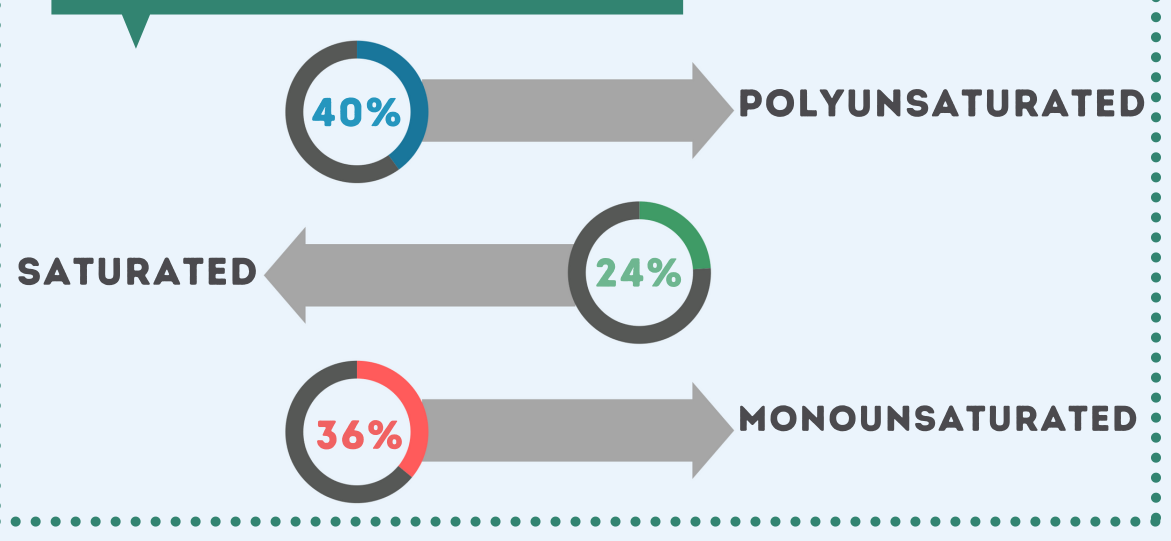


## CALORIES 47/100GM

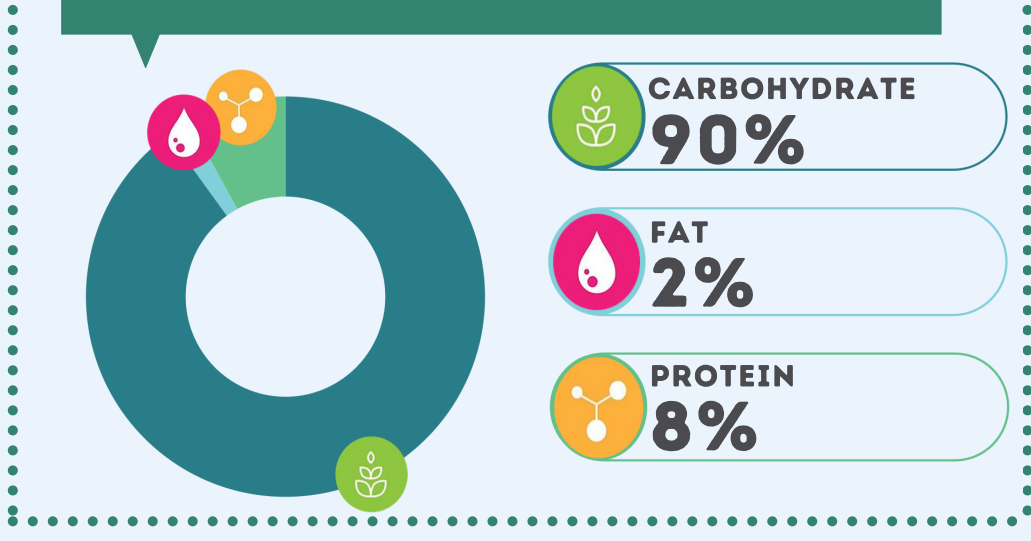
	AMOUNT		AMOUNT
CARBOHYDRATE	11.75 G	NIACIN	0.282 MG
FAT	0.12 G	VITAMIN A	11 MCG
PROTEIN	0.94 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.060 MG
FIBER	2.4 G	VITAMIN C	53.2 MG
RIBOFLAVIN	0.040 MG	VITAMIN D	0.00
SODIUM, NA	0.00	FOLATE	30 MCG
THIAMIN	0.087 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### ORANGE OTHER NAMES

- CITRUS SINENSIS
- COMMON ORANGE
- SWEET ORANGE

### MINERALS IN ORANGE

40 MG	CALCIUM, CA	3 % (DV)
0.045 MG	COPPER, CU	5 % (DV)
0.10 MG	IRON, FE	1 % (DV)
10 MG	MAGNESIUM, MG	2 % (DV)
0.5 MCG	SELENIUM, SE	1 % (DV)
14 MG	PHOSPHORUS, P	2 % (DV)
181 MG	POTASSIUM, K	4 % (DV)
0.07 MG	ZINC, ZN	1 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.