

Mandarins

Nutrition Facts

Serving Size: ½ cup tangerine, sections
(98g)

Calories 52 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 13g 4%

Dietary Fiber 2g 7%

Sugars 10g

Protein 1g

Vitamin A 13% Calcium 4%

Vitamin C 43% Iron 1%

Other nutrients: Potassium (5%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
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