

Oranges

Nutrition Facts

Serving Size: ½ cup orange, sections
(90g)

Calories 42 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 9%

Sugars 8g

Protein 1g

Vitamin A 4% Calcium 4%

Vitamin C 80% Iron 1%

Other nutrients: Folate (7%), Potassium (5%),
Thiamin (5%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09200