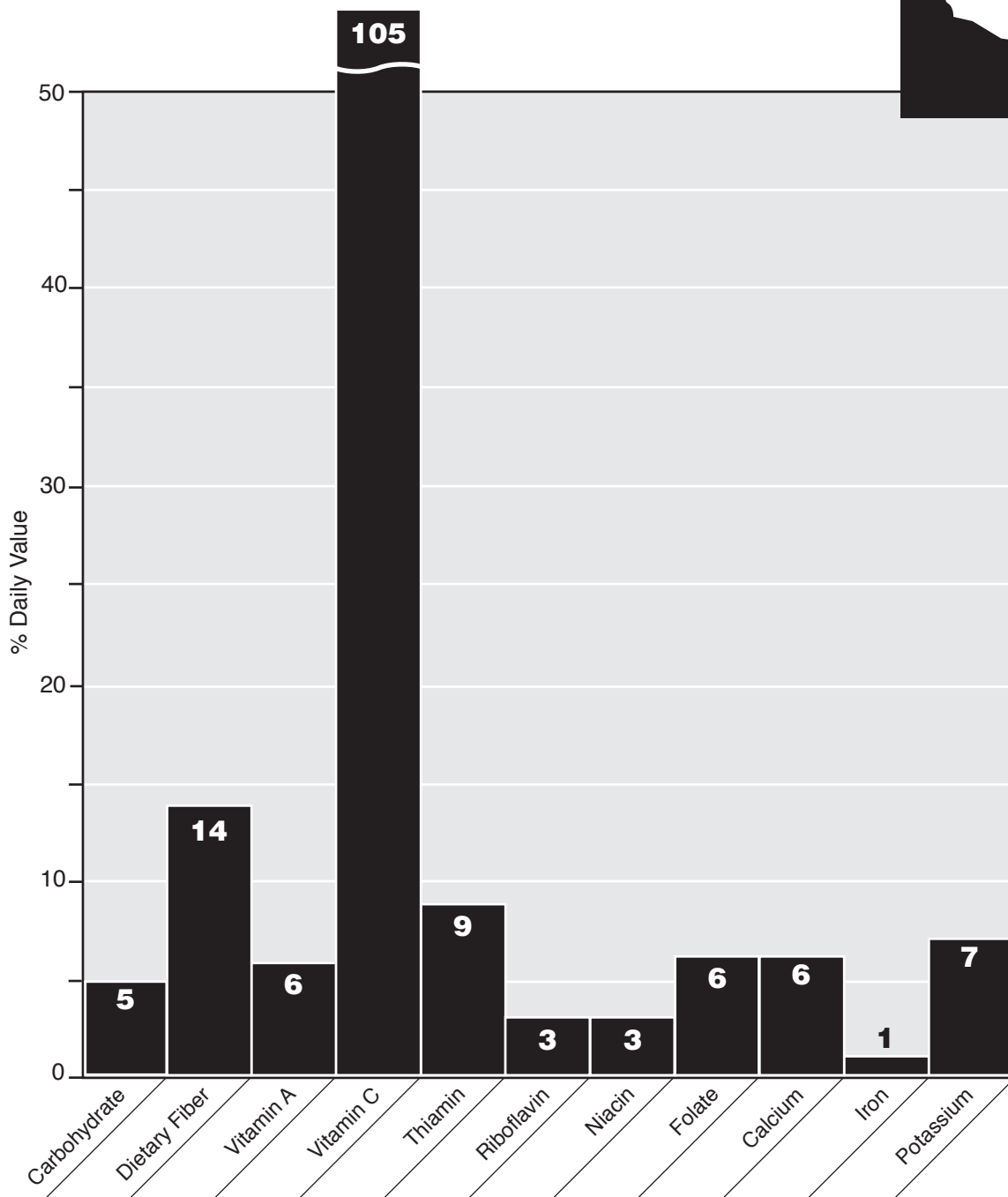
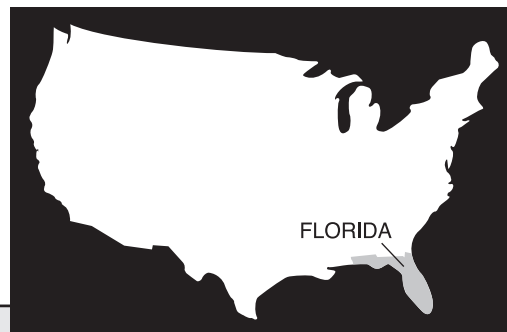


Orange

Rutaceae *Citrus sinensis*

(analysis based on *peeled* raw orange)

Pictured: Navel orange



Serving Size

- 1 Medium Orange
- 140 Grams
- 64 Calories
 - 4% from fat
 - 5% from protein
 - 91% from carbohydrate
- 1 Gram Protein
- 16 Grams Carbohydrate
 - 3 grams dietary fiber
- 0.3 Gram Fat
- 122 Grams Water
- 0 Milligrams Sodium

