

Oranges, raw, all commercial varieties

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Refuse: 27% (Peel and seeds)

Scientific Name: *Citrus sinensis*

NDB No: 09200 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error	1.00 X 1 fruit (2-5/8" dia) ----- 131g
Proximates					
Water	g	86.75	88	0.121	113.64
Energy	kcal	47	0	0	62
Energy	kJ	197	0	0	258
Protein	g	0.94	69	0.014	1.23
Total lipid (fat)	g	0.12	4	0.01	0.16
Ash	g	0.44	70	0.006	0.58
Carbohydrate, by difference	g	11.75	0	0	15.39
Fiber, total dietary	g	2.4	0	0	3.1
Sugars, total	g	9.35	0	0	12.25
Minerals					
Calcium, Ca	mg	40	0	0	52
Iron, Fe	mg	0.1	64	0.004	0.13
Magnesium, Mg	mg	10	212	0.171	13
Phosphorus, P	mg	14	68	0.439	18
Potassium, K	mg	181	180	1.408	237
Sodium, Na	mg	0	72	0.029	0
Zinc, Zn	mg	0.07	3	0	0.09
Copper, Cu	mg	0.045	64	0.003	0.059
Manganese, Mn	mg	0.025	64	0.001	0.033
Selenium, Se	mcg	0.5	5	0.21	0.7
Vitamins					
Vitamin C, total ascorbic acid	mg	53.2	145	0.718	69.7
Thiamin	mg	0.087	148	0.001	0.114
Riboflavin	mg	0.04	0	0	0.052
Niacin	mg	0.282	145	0.005	0.369
Pantothenic acid	mg	0.25	0	0	0.328
Vitamin B-6	mg	0.06	100	0	0.079
Folate, total	mcg	30	154	0.808	39
Folic acid	mcg	0	0	0	0
Folate, food	mcg	30	154	0.808	39
Folate, DFE	mcg_DFE	30	0	0	39
Choline, total	mg	8.4	0	0	11
Vitamin B-12	mcg	0	0	0	0
Vitamin B-12, added	mcg	0	0	0	0
Vitamin A, IU	IU	225	0	0	295

Vitamin A, RAE	mcg_RAE	11	0	0	14
Retinol	mcg	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.18	4	0.033	0.24
Vitamin E, added	mg	0	0	0	0
Vitamin K (phylloquinone)	mcg	0	10	0.029	0
Lipids					
Fatty acids, total saturated	g	0.015	0	0	0.02
4:00	g	0	0	0	0
6:00	g	0	0	0	0
8:00	g	0	0	0	0
10:00	g	0	0	0	0
12:00	g	0	0	0	0
14:00	g	0	0	0	0
16:00	g	0.013	0	0	0.017
18:00	g	0	0	0	0
Fatty acids, total monounsaturated	g	0.023	0	0	0.03
16:1 undifferentiated	g	0.003	0	0	0.004
18:1 undifferentiated	g	0.02	0	0	0.026
20:01	g	0	0	0	0
22:1 undifferentiated	g	0	0	0	0
Fatty acids, total polyunsaturated	g	0.025	0	0	0.033
18:2 undifferentiated	g	0.018	0	0	0.024
18:3 undifferentiated	g	0.007	0	0	0.009
18:04	g	0	0	0	0
20:4 undifferentiated	g	0	0	0	0
20:5 n-3	g	0	0	0	0
22:5 n-3	g	0	0	0	0
22:6 n-3	g	0	0	0	0
Cholesterol	mg	0	0	0	0
Amino acids					
Tryptophan	g	0.009	2	0	0.012
Threonine	g	0.015	2	0	0.02
Isoleucine	g	0.025	2	0	0.033
Leucine	g	0.023	2	0	0.03
Lysine	g	0.047	2	0	0.062
Methionine	g	0.02	2	0	0.026
Cystine	g	0.01	2	0	0.013
Phenylalanine	g	0.031	2	0	0.041
Tyrosine	g	0.016	2	0	0.021
Valine	g	0.04	2	0	0.052
Arginine	g	0.065	2	0	0.085
Histidine	g	0.018	2	0	0.024
Alanine	g	0.05	2	0	0.066
Aspartic acid	g	0.114	2	0	0.149
Glutamic acid	g	0.094	2	0	0.123
Glycine	g	0.094	2	0	0.123

Proline	g	0.046	2	0	0.06
Serine	g	0.032	2	0	0.042
Other					
Alcohol, ethyl	g	0	0	0	0
Caffeine	mg	0	0	0	0
Theobromine	mg	0	0	0	0
Carotene, beta	mcg	71	55	22.319	93
Carotene, alpha	mcg	11	55	5.836	14
Cryptoxanthin, beta	mcg	116	7	5.875	152
Lycopene	mcg	0	7	0	0
Lutein + zeaxanthin	mcg	129	7	57.55	169

USDA National Nutrient Database for Standard Reference, Release 20 (2007)

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