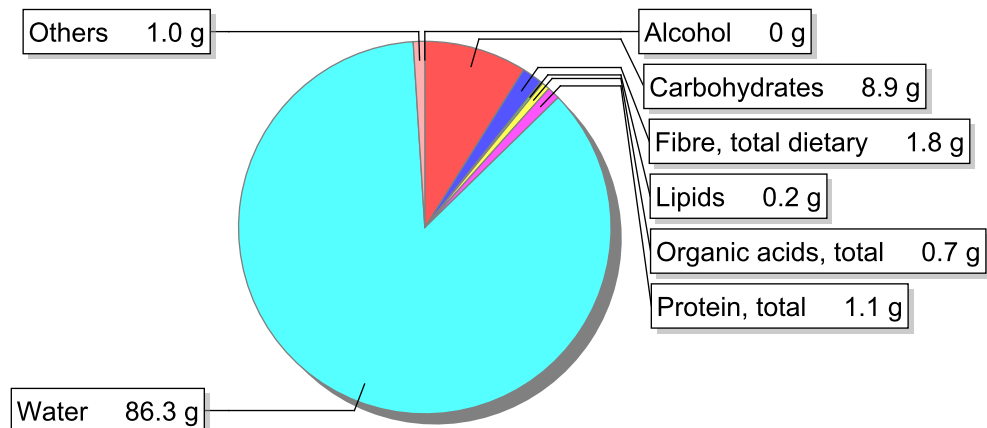


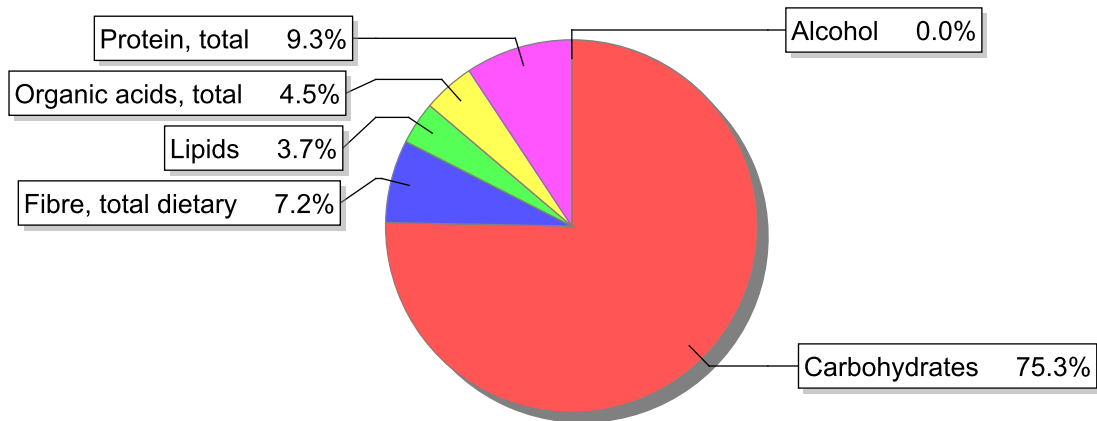
**Food**

**Name:** Orange  
**Group:** Fruit  
**Subgroup:** Fresh fruit  
**Edible Part:** 69%  
**Code:** IS658  
**FoodEX2 Code:** A01CR

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	48	kcal	
energy kJ, total metabolisable	201	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.1	g	57
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	8.9	g	58
sucrose	4.5	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>salt</b>	0.0	g	
<b>starch, total</b>	0	g	
<b>protein, total</b>	1.1	g	
<b>alcohol</b>	0	g	
<b>water</b>	86.3	g	58
<b>organic acids, total</b>	0.7	g	
<b>cholesterol</b>	0	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	20	µg	
<b>carotene, total (vitamin A precursors)</b>	120	µg	
<b>vitamin D</b>	0	µg	
<b>alpha-tocopherol</b>	0.24	mg	
<b>thiamin</b>	0.09	mg	57
<b>riboflavin</b>	0.05	mg	57
<b>niacin, preformed</b>	0.7	mg	
<b>niacin equivalents, total</b>	0.8	mg	
<b>niacin equivalents from tryptophan</b>	0.1	mg	
<b>vitamin B-6, total</b>	0.1	mg	
<b>vitamin B-12</b>	0	µg	
<b>vitamin C</b>	57	mg	
<b>folate, total</b>	31	µg	
<b>ash</b>	0.42	g	
<b>sodium</b>	4	mg	57
<b>potassium</b>	160	mg	57
<b>calcium</b>	35	mg	57
<b>phosphorus</b>	19	mg	57
<b>magnesium</b>	11	mg	57
<b>iron, total</b>	0.2	mg	57
<b>zinc</b>	0.1	mg	57

## Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

## References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB
58	Gonçalves Ferreira, FA; Silva Graça, ME (1985) - Tabela de Composição dos Alimentos Portugueses. Reimpressão da 2ª Edição de 1963. Instituto Nacional de Saúde Dr. Ricardo Jorge, Lisboa.