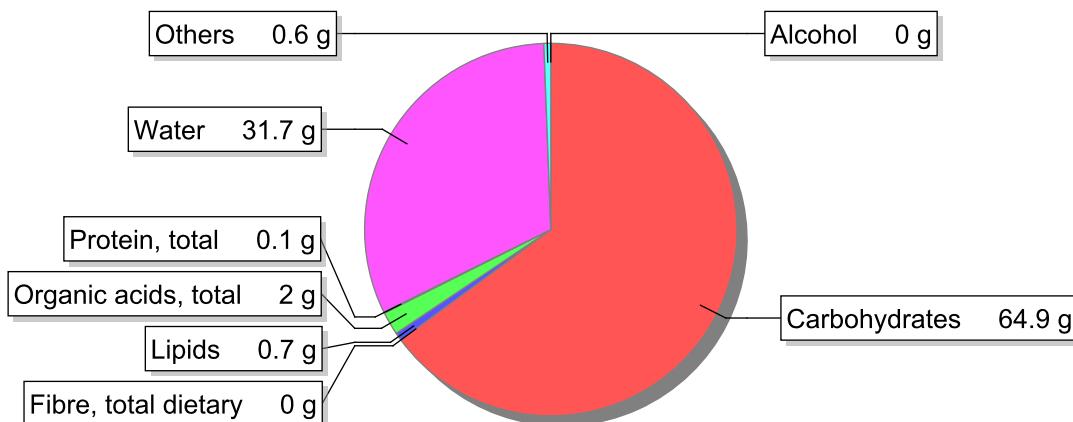


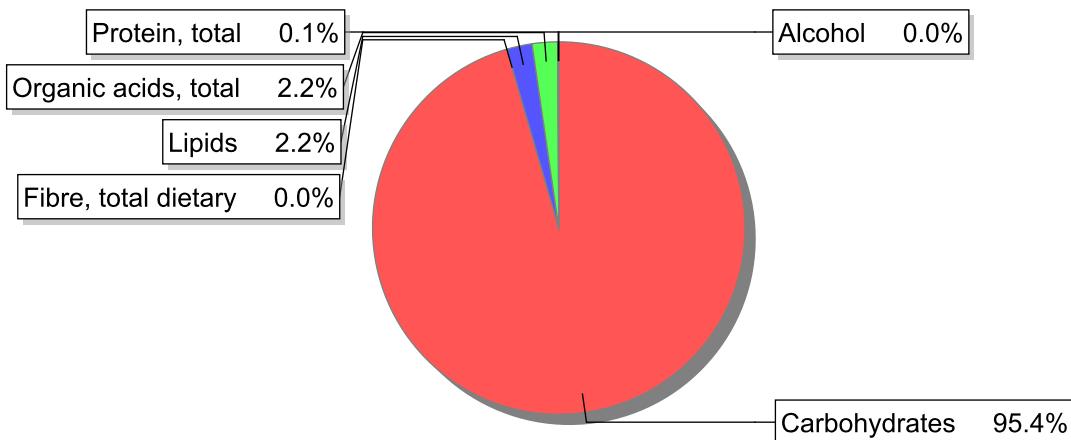
Food

Name: Juice, orange, concentrate
Group: Drinks
Subgroup: Non-alcoholic beverages
Edible Part: 100%
Code: IS742
FoodEX2 Code: A03CA

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	272	kcal	
energy kJ, total metabolisable	1160	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	64.9	g	
sucrose	30.3	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	57
protein, total	0.1	g	
alcohol	0	g	57
water	31.7	g	
organic acids, total	2	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	111	µg	
carotene, total (vitamin A precursors)	666	µg	
vitamin D	0	µg	57
alpha-tocopherol	0.7	mg	
thiamin	0.2	mg	
riboflavin	0.03	mg	
niacin, preformed	0.8	mg	
niacin equivalents, total	0.8	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0.17	mg	
vitamin B-12	0	µg	
vitamin C	240	mg	
folate, total	59	µg	
ash	1.40	g	
sodium	20	mg	
potassium	640	mg	
calcium	17	mg	
phosphorus	38	mg	
magnesium	19	mg	
iron, total	0.6	mg	
zinc	0.2	mg	

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