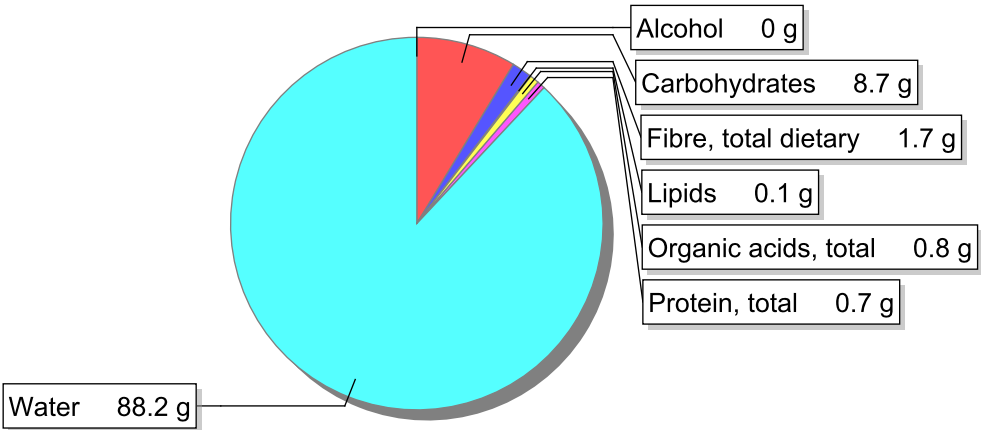


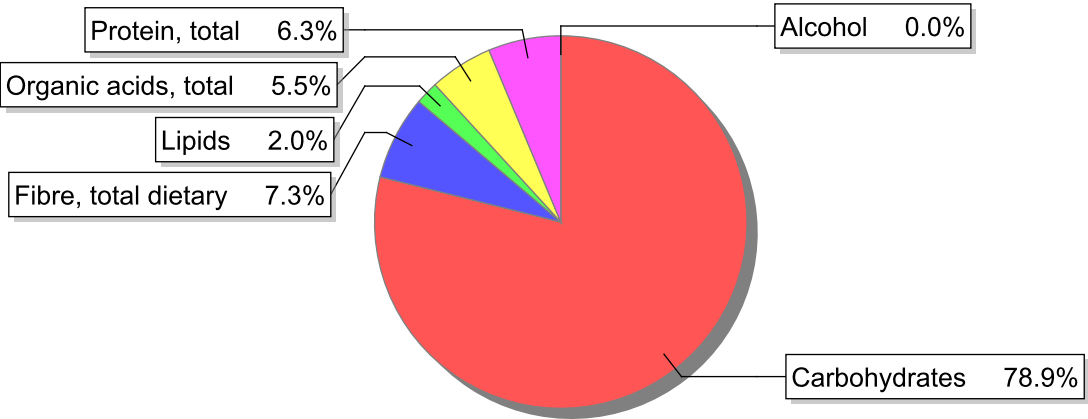
Food

Name: Tangerine
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 72%
Code: IS691
FoodEX2 Code: A01CD

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	44	kcal	
energy kJ, total metabolisable	188	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	8.7	g	57
sucrose	6.9	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.7	g	
protein, total	0.7	g	57
alcohol	0	g	57
water	88.2	g	
organic acids, total	0.8	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	33	µg	
carotene, total (vitamin A precursors)	200	µg	
vitamin D	0	µg	57
alpha-tocopherol	0.24	mg	
thiamin	0.08	mg	57
riboflavin	0.04	mg	57
niacin, preformed	0.2	mg	
niacin equivalents, total	0.2	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0.07	mg	57
vitamin B-12	0	µg	57
vitamin C	32	mg	57
folate, total	21	µg	57
ash	0.43	g	
sodium	5	mg	57
potassium	240	mg	57
calcium	30	mg	57
phosphorus	16	mg	57
magnesium	9	mg	57
iron, total	0.3	mg	57
zinc	0.1	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