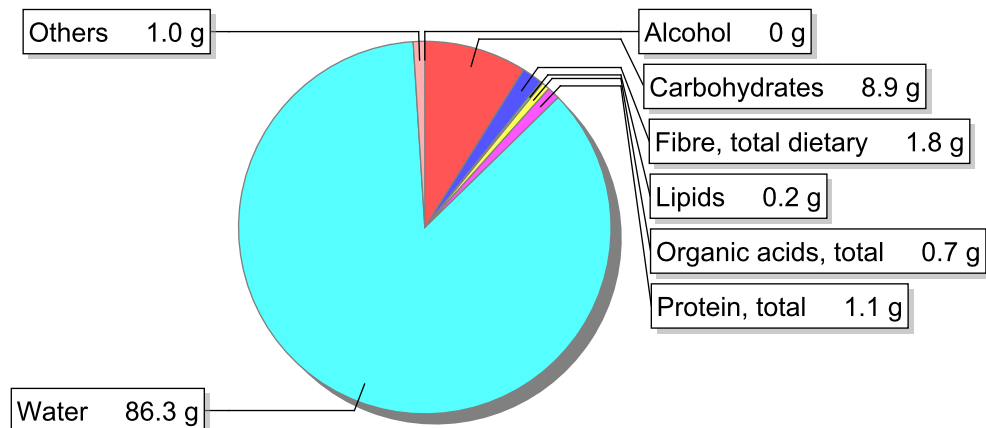


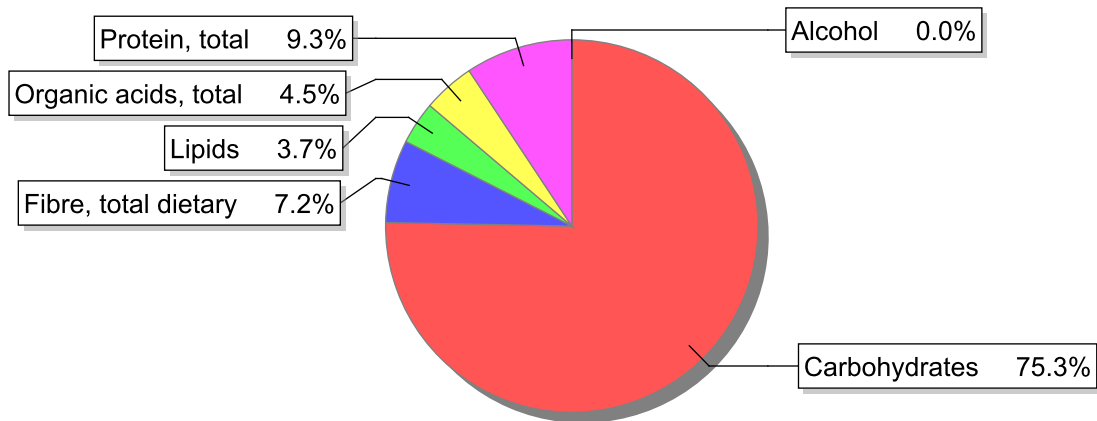
Food

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	47	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)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	1.1	g	
alcohol	0	g	
water	86.3	g	58
organic acids, total	0.7	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	20	µg	
carotene, total (vitamin A precursors)	120	µg	
vitamin D	0	µg	
alpha-tocopherol	0.24	mg	
thiamin	0.09	mg	57
riboflavin	0.05	mg	57
niacin, preformed	0.7	mg	
niacin equivalents, total	0.8	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	0	µg	
vitamin C	57	mg	
folate, total	31	µg	
iodide	0.3	µg	1140
sodium	4	mg	57
potassium	160	mg	57
calcium	35	mg	57
phosphorus	19	mg	57
magnesium	11	mg	57
iron, total	0.2	mg	57
zinc	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.
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