

Oranges, raw, navels

NDB No: 09202 (Nutrient values and weights are for edible portion)

Scientific Name: *Citrus sinensis*

Refuse: 32% (Peel and navel)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	85.97	10	0.848
Energy	kcal	49	0	0
Energy	kJ	207	0	0
Protein	g	0.91	8	0.031
Total lipid (fat)	g	0.15	8	0.032
Ash	g	0.43	8	0.02
Carbohydrate, by difference	g	12.54	0	0
Fiber, total dietary	g	2.2	5	0.182
Sugars, total	g	8.50	9	0.388
Sucrose	g	4.28	9	0.307
Glucose (dextrose)	g	1.97	9	0.101
Fructose	g	2.25	9	0.109
Lactose	g	0.00	9	0
Maltose	g	0.00	9	0
Galactose	g	0.00	8	0
Starch	g	0.00	1	0
Minerals				
Calcium, Ca	mg	43	8	2.24
Iron, Fe	mg	0.13	4	0.012
Magnesium, Mg	mg	11	8	0.099
Phosphorus, P	mg	23	8	0.522
Potassium, K	mg	166	8	3.107
Sodium, Na	mg	1	4	0.788
Zinc, Zn	mg	0.08	7	0.004
Copper, Cu	mg	0.039	4	0.003
Manganese, Mn	mg	0.029	8	0.001
Selenium, Se	mcg	0.0	4	0.008
Vitamins				
Vitamin C, total ascorbic acid	mg	59.1	8	2.038

Thiamin	mg	0.068	8	0.003
Riboflavin	mg	0.051	8	0.004
Niacin	mg	0.425	8	0.013
Pantothenic acid	mg	0.261	8	0.02
Vitamin B-6	mg	0.079	8	0.006
Folate, total	mcg	34	70	1.102
Folic acid	mcg	0	0	0
Folate, food	mcg	34	70	1.102
Folate, DFE	mcg_DFE	34	0	0
Choline, total	mg	8.4	0	0
Betaine	mg	0.1	2	0
Vitamin B-12	mcg	0.00	0	0
Vitamin A, IU	IU	247	7	35.5
Vitamin A, RAE	mcg_RAE	12	7	1.775
Retinol	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.15	3	0.007
Tocopherol, beta	mg	0.00	3	0
Tocopherol, gamma	mg	0.00	3	0
Tocopherol, delta	mg	0.00	3	0
Vitamin K (phylloquinone)	mcg	0.0	8	0.007
Lipids				
Fatty acids, total saturated	g	0.017	0	0
16:0	g	0.017	0	0
Fatty acids, total monounsaturated	g	0.030	0	0
16:1 undifferentiated	g	0.003	0	0
18:1 undifferentiated	g	0.026	0	0
Fatty acids, total polyunsaturated	g	0.031	0	0
18:2 undifferentiated	g	0.023	0	0
18:3 undifferentiated	g	0.009	0	0
Cholesterol	mg	0	0	0
Phytosterols	mg	24	0	0
Amino acids				
Tryptophan	g	0.009	0	0
Threonine	g	0.018	0	0
Isoleucine	g	0.017	0	0
Leucine	g	0.029	0	0
Lysine	g	0.038	0	0

Methionine	g	0.009	0	0
Cystine	g	0.010	0	0
Phenylalanine	g	0.053	0	0
Tyrosine	g	0.013	0	0
Valine	g	0.026	0	0
Arginine	g	0.115	0	0
Histidine	g	0.013	0	0
Alanine	g	0.032	0	0
Aspartic acid	g	0.139	0	0
Glutamic acid	g	0.247	0	0
Glycine	g	0.023	0	0
Proline	g	0.181	0	0
Serine	g	0.037	0	0
Other				
Carotene, beta	mcg	87	7	27.788
Carotene, alpha	mcg	7	7	7.1
Cryptoxanthin, beta	mcg	116	7	5.875
Lycopene	mcg	0	7	0
Lutein + zeaxanthin	mcg	129	7	57.55

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