Arlington School District

Page 1 Recipe Sizing Report Oct 30, 2019

000086 - ORANGES:

HACCP Process: #1 No Cook

Number of Portions: 1 Size of Portions: EACH

009200 ORANGES,RAW,ALL COMM VAR... 1 fruit (2-5/8" dia)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	62	kcal	Cholesterol	0	mg	Sugars	12.2	g	Calcium	52.40	mg	2.30%	Calories from Total Fat
Total Fat	0.16	g	Sodium	0	mg	Protein	1.23	g	Iron	0.13	mg	0.29%	Calories from Sat Fat
Sat Fat	0.02	g	Carbs	15.39	g	Vitamin A	294.8	IU	Water ¹	113.64	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	D. Fiber	3.14	g	Vitamin C	69.7	mg	Ash ¹	0.58	g	100.00%	Calories from Carbs
												8.00%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

^{* -} denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.