

Arlington School District

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

* - 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.