

Nutrition Facts

Serving size 1 Medium Orange
(154g)

Amount Per Serving

Calories **70**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 21g 7%

Dietary Fiber 7g 28%

Total Sugars 14g

Includes 0g Added Sugars 0%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 78mg 6%

Iron 0.36mg 2%

Potassium 260mg 7%

Vitamin A 18mcg 2%

Vitamin C 117mg 130%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.