

# Nutrition Facts

Serving size 1 Medium Orange  
(154g)

Amount Per Serving

**Calories** **80**

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 19g 7%

Dietary Fiber 3g 11%

Total Sugars 14g

Includes 0g Added Sugars 0%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 62mg 4%

Iron 0.15mg 0%

Potassium 250mg 6%

\*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.