

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.