

## Detailed Report (alphabetical)

### Orange, peeled, seeded, fresh, raw, New Zealand

FCDB food ID	L1170
Food group	Fruits
Serving Size	<input type="text" value="150"/> g
Recommended Serving Size	1 orange = 150 g

If data is to be used for food labelling it is your responsibility to ensure you comply with FSANZ labelling requirements.

\* Percentage daily intakes are based on an average adult diet of 8700 kJ as specified by FSANZ.

■ denotes no data available

NUTRIENT	UNIT	QUANTITY PER SERVE	%DI* PER SERVE	QUANTITY PER 100 g
25-hydroxyvitamin D3	µg	■		■
Acetic acid (g)	g	■		■
Sugar, added	g	0.0		0.0
Alanine (g)	g	■		■
Alcohol	g	0.0		0.0
Alpha-carotene	µg	0		0
Alpha-tocopherol	mg	0.33		0.22
Arginine (g)	g	■		■
Ash	g	0.1		0.1
Asparagine (g)	g	■		■
Aspartic acid (g)	g	■		■
Available carbohydrate by difference	g	16.4		10.9
Available carbohydrates by weight	g	11.8		7.8
Available carbohydrates in monosaccharide equivalent	g	12.1		8.1
Beta-carotene	µg	208		139
Beta-carotene equivalents	µg	208		139
Beta-tocopherol	mg	0.00		0.00
Beta-tocopherol + Gamma-tocopherol	µg	■		■
Biotin	µg	■		■
Caffeine	mg	0.0		0.0
Calcium	mg	38	5 %	25
Carbohydrate by difference, FSANZ	g	16.4		10.9
Available carbohydrate, FSANZ	g	11.8	4 %	7.8
Chloride	mg	■		■
Cholecalciferol (Vitamin D3)	µg	0.00		0.00
Cholesterol	mg	0.0		0.0
Chromium	µg	■		■
Citric acid (g)	g	■		■
Copper	mg	0.06	2 %	0.04
Cystine (g)	g	■		■

Delta-tocopherol	mg	0.00		0.00
Fibre, total dietary	g	2.9	10 %	1.9
Disaccharides, total	g	6.2		4.1
Disaccharides, total (monosaccharide equivalents)	g	6.5		4.3
Dry matter	g	20.7		13.8
Energy, total metabolisable, available carbohydrate, FSANZ (kJ)	kJ	244	3 %	163
Energy, total metabolisable (kJ)	kJ	222		148
Energy, total metabolisable (kJ, including dietary fibre)	kJ	244		163
Energy, total metabolisable (kcal)	kcal	52		35
Energy, total metabolisable (kcal, including dietary fibre)	kcal	58		39
Energy, total metabolisable, available carbohydrate, FSANZ (kcal)	kcal	58		39
Energy, total metabolisable, carbohydrate by difference, FSANZ (kJ)	kJ	324		216
Energy, total metabolisable, carbohydrate by difference, FSANZ (kcal)	kcal	78		52
Ergocalciferol (Vitamin D2)	µg	0.0		0.0
Fatty acids, total saturated	g	0.03	0 %	0.02
Fat, total	g	0.0	0 %	0.0
Fatty acid 10:0	g	0.003		0.002
Fatty acid 10:1	g	■		■
Fatty acid 12:0	g	0.002		0.001
Fatty acid 12:1	g	■		■
Fatty acid 13:0	g	0.000		0.000
Fatty acid 14:0	g	0.002		0.001
Fatty acid 14:1	g	0.000		0.000
Fatty acid 14:1 omega-5	g	0.000		0.000
Fatty acid 15:0	g	■		■
Fatty acid 15:1	g	0.000		0.000
Fatty acid 16:0	g	0.021		0.014
Fatty acid 16:1	g	0.003		0.002
Fatty acid 17:0	g	0.000		0.000
Fatty acid 17:1	g	0.000		0.000
Fatty acid 18:0	g	0.002		0.001
Fatty acid 18:1	g	0.032		0.021
Fatty acid 18:1 omega-7	g	0.011		0.007
Fatty acid 18:1 omega-9	g	0.021		0.014
Fatty acid 18:2	g	0.041		0.027
Fatty acid 18:2 omega-6	g	0.041		0.027
Fatty acid 18:3	g	0.022		0.015
Fatty acid 18:3 omega-3	g	0.022		0.015
Fatty acid 18:3 omega-6	g	0.000		0.000
Fatty acid 18:4	g	■		■
Fatty acid 18:4 omega-3	g	■		■
Fatty acid 19:0	g	■		■
Fatty acid 20:0	g	0.000		0.000

Fatty acid 20:1	g	0.000	0.000	
Fatty acid 20:1 omega-11	g	■	■	
Fatty acid 20:1 omega-9	g	0.000	0.000	
Fatty acid 20:2	g	0.000	0.000	
Fatty acid 20:2 omega-6	g	0.000	0.000	
Fatty acid 20:3	g	0.000	0.000	
Fatty acid 20:3 omega-3	g	0.000	0.000	
Fatty acid 20:3 omega-6	g	0.000	0.000	
Fatty acid 20:4	g	0.000	0.000	
Fatty acid 20:4 omega-3	g	■	■	
Fatty acid 20:4 omega-6	g	0.000	0.000	
Fatty acid 20:5	g	0.000	0.000	
Fatty acid 20:5 omega-3	g	0.000	0.000	
Fatty acid 21:0	g	0.000	0.000	
Fatty acid 21:5	g	■	■	
Fatty acid 21:5 omega-3	g	■	■	
Fatty acid 22:0	g	0.002	0.001	
Fatty acid 22:1	g	0.000	0.000	
Fatty acid 22:1 omega-11	g	■	■	
Fatty acid 22:1 omega-9	g	0.000	0.000	
Fatty acid 22:2	g	0.000	0.000	
Fatty acid 22:2 omega-6	g	0.000	0.000	
Fatty acid 22:4	g	■	■	
Fatty acid 22:4 omega-6	g	■	■	
Fatty acid 22:5	g	0.000	0.000	
Fatty acid 22:5 omega-3	g	0.000	0.000	
Fatty acid 22:5 omega-6	g	■	■	
Fatty acid 22:6	g	0.000	0.000	
Fatty acid 22:6 omega-3	g	0.000	0.000	
Fatty acid 23:0	g	0.000	0.000	
Fatty acid 24:0	g	0.002	0.001	
Fatty acid 24:1	g	0.000	0.000	
Fatty acid 4:0	g	■	■	
Fatty acid 6:0	g	0.000	0.000	
Fatty acid 8:0	g	0.000	0.000	
Fatty acids, total	g	0.14	0.09	
Fatty acids, total long chain polyunsaturated omega-3	g	0.00	0.00	
Fatty acids, total monounsaturated	g	0.03	0.02	
Fatty acids, total monounsaturated trans	g	0.00	0.00	
Fatty acids, total polyunsaturated	g	0.06	0.04	
Fatty acids, total polyunsaturated omega-6	g	0.04	0.03	
Fatty acids, total polyunsaturated trans	g	0.00	0.00	
Fibre, water-insoluble	g	2.4	1.6	
Fibre, water-soluble	g	0.5	0.3	
Fluoride	µg	■	■	
Dietary folate equivalents	µg	76	38 %	51

Folate food, naturally occurring food folates	µg	76		51
Folate, total	µg	76		51
Folic acid, synthetic folic acid	µg	0		0
Sugar, free	g	0.0		0.0
Fructose	g	3.0		2.0
Gamma-tocopherol	mg	0.01		0.01
Glucose	g	2.5		1.7
Glutamic acid (g)	g	▪		▪
Glycine (g)	g	▪		▪
Glycogen	g	▪		▪
Glycogen (monosaccharide equivalents)	g	▪		▪
Histidine (g)	g	▪		▪
Hydroxyproline (g)	g	▪		▪
Iodide	µg	0.00	0 %	0.00
Iron	mg	0.00	0 %	0.00
Isoleucine (g)	g	▪		▪
Lactic acid (g)	g	▪		▪
Lactose	g	0.0		0.0
Lactose (monosaccharide equivalents)	g	0.0		0.0
Leucine (g)	g	▪		▪
Lutein	µg	▪		▪
Lycopene	µg	▪		▪
Lysine (g)	g	▪		▪
Magnesium	mg	16	5 %	11
Malic acid (g)	g	▪		▪
Maltodextrin	g	▪		▪
Maltose	g	0.0		0.0
Maltose (monosaccharide equivalents)	g	0.0		0.0
Manganese	µg	44	1 %	29
Methionine (g)	g	▪		▪
Molybdenum	µg	▪		▪
Monosaccharides, total	g	5.5		3.7
Niacin equivalents, total	mg	0.54	5 %	0.36
Niacin equivalents from tryptophan	mg	0.24		0.16
Niacin, preformed	mg	0.30		0.20
Nitrogen, total	g	0.2		0.1
Fatty acids, total polyunsaturated omega-3	g	0.03		0.02
Organic acids, total (g)	g	▪		▪
Oxalic acid (g)	g	▪		▪
Pantothenic acid	mg	▪		▪
Phenylalanine (g)	g	▪		▪
Phosphorus	mg	39	4 %	26
Phytosterols, total	mg	▪		▪
Polysaccharides, non-starch	g	▪		▪
Polysaccharides, non-starch, water-insoluble	g	▪		▪

Polysaccharides, non-starch, water-soluble	g	■		■
Potassium	mg	268		179
Proline (g)	g	■		■
Protein, total; calculated from total nitrogen	g	1.3	3 %	0.9
Proximates, total	g	145		96.9
Quinic acid (g)	g	■		■
Retinol	µg	0		0
Riboflavin	mg	0.07	4 %	0.05
Selenium	µg	0.0	0 %	0.0
Serine (g)	g	■		■
Sodium	mg	0	0 %	0
Sorbitol (g)	g	■		■
Starch, resistant	g	■		■
Starch, total	g	0.1		0.0
Starch, total (monosaccharide equivalents)	g	0.1		0.0
Succinic acid (g)	g	■		■
Sucrose	g	6.2		4.1
Sucrose (monosaccharide equivalents)	g	6.5		4.3
Sugars, total	g	11.7	13 %	7.8
Sugars, total (monosaccharide equivalents)	g	12.0		8.0
Sulphur	mg	■		■
Taurine (g)	g	■		■
Thiamin	mg	0.00	0 %	0.00
Threonine (g)	g	■		■
Total carbohydrate by difference	g	19.2		12.8
Total carbohydrates by summation	g	14.6		9.7
Fatty acids, total trans	g	0.00		0.00
Tryptophan (g)	g	■		■
Tyrosine (g)	g	■		■
Valine (g)	g	■		■
Vitamin A, retinol activity equivalents	µg	18	2 %	12
Vitamin A, retinol equivalents	µg	34		23
Vitamin B12	µg	0.00	0 %	0.00
Vitamin B6	mg	0.49	31 %	0.33
Vitamin C	mg	83.5	209 %	55.7
Vitamin D; calculated by summation	µg	0.00	0 %	0.00
Vitamin E, alpha-tocopherol equivalents	mg	0.33	3 %	0.22
Vitamin K	µg	■		■
Water	g	129		86.2
Zeaxanthin	µg	■		■
Zinc	mg	0.07	1 %	0.05