

Detailed Report (alphabetical)

Mandarin, flesh, fresh, raw

FCDB food ID	L1183
Scientific name	<i>Citrus reticulata</i>
Food group	Fruits
Serving Size	<input type="text" value="150"/> g
Recommended Serving Size	2 small mandarins = 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	26		17
Alpha-tocopherol	mg	0.68		0.45
Arginine (g)	g	■		■
Ash	g	0.5		0.3
Asparagine (g)	g	■		■
Aspartic acid (g)	g	■		■
Available carbohydrate by difference	g	16.2		10.8
Available carbohydrates by weight	g	12.2		8.1
Available carbohydrates in monosaccharide equivalent	g	12.6		8.4
Beta-carotene	µg	478		319
Beta-carotene equivalents	µg	490		327
Beta-tocopherol	mg	0.00		0.00
Beta-tocopherol + Gamma-tocopherol	µg	■		■
Biotin	µg	■		■
Caffeine	mg	0.0		0.0
Calcium	mg	62	8 %	41
Carbohydrate by difference, FSANZ	g	16.2		10.8
Available carbohydrate, FSANZ	g	12.2	4 %	8.1
Chloride	mg	■		■
Cholecalciferol (Vitamin D3)	µg	0.00		0.00
Cholesterol	mg	0.0		0.0
Chromium	µg	■		■
Citric acid (g)	g	■		■
Copper	mg	0.08	3 %	0.05

Cystine (g)	g	▪		▪
Delta-tocopherol	mg	0.00		0.00
Fibre, total dietary	g	2.1	7 %	1.4
Disaccharides, total	g	8.2		5.5
Disaccharides, total (monosaccharide equivalents)	g	8.6		5.7
Dry matter	g	20.6		13.7
Energy, total metabolisable, available carbohydrate, FSANZ (kJ)	kJ	256	3 %	171
Energy, total metabolisable (kJ)	kJ	242		161
Energy, total metabolisable (kJ, including dietary fibre)	kJ	256		171
Energy, total metabolisable (kcal)	kcal	57		38
Energy, total metabolisable (kcal, including dietary fibre)	kcal	62		41
Energy, total metabolisable, available carbohydrate, FSANZ (kcal)	kcal	62		41
Energy, total metabolisable, carbohydrate by difference, FSANZ (kJ)	kJ	327		218
Energy, total metabolisable, carbohydrate by difference, FSANZ (kcal)	kcal	78		52
Ergocalciferol (Vitamin D2)	µg	0.0		0.0
Fatty acids, total saturated	g	0.07	0 %	0.05
Fat, total	g	0.3	0 %	0.2
Fatty acid 10:0	g	0.005		0.003
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	0.003		0.002
Fatty acid 14:1	g	0.002		0.001
Fatty acid 14:1 omega-5	g	0.002		0.001
Fatty acid 15:0	g	▪		▪
Fatty acid 15:1	g	0.000		0.000
Fatty acid 16:0	g	0.053		0.035
Fatty acid 16:1	g	0.009		0.006
Fatty acid 17:0	g	0.002		0.001
Fatty acid 17:1	g	0.000		0.000
Fatty acid 18:0	g	0.005		0.003
Fatty acid 18:1	g	0.150		0.100
Fatty acid 18:1 omega-7	g	0.034		0.023
Fatty acid 18:1 omega-9	g	0.116		0.077
Fatty acid 18:2	g	0.086		0.057
Fatty acid 18:2 omega-6	g	0.086		0.057
Fatty acid 18:3	g	0.054		0.036
Fatty acid 18:3 omega-3	g	0.054		0.036
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	0.002	0.001
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	0.005	0.003
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	0.38	0.25
Fatty acids, total long chain polyunsaturated omega-3	g	0.00	0.00
Fatty acids, total monounsaturated	g	0.17	0.11
Fatty acids, total monounsaturated trans	g	0.00	0.00
Fatty acids, total polyunsaturated	g	0.14	0.09
Fatty acids, total polyunsaturated omega-6	g	0.09	0.06
Fatty acids, total polyunsaturated trans	g	0.00	0.00
Fibre, water-insoluble	g	1.2	0.8
Fibre, water-soluble	g	0.9	0.6
Fluoride	µg	■	■

Dietary folate equivalents	µg	51	26 %	34
Folate food, naturally occurring food folates	µg	51		34
Folate, total	µg	51		34
Folic acid, synthetic folic acid	µg	0		0
Sugar, free	g	0.0		0.0
Fructose	g	2.2		1.5
Gamma-tocopherol	mg	0.01		0.01
Glucose	g	1.7		1.1
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	0.20	2 %	0.13
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	18	6 %	12
Malic acid (g)	g	▪		▪
Maltodextrin	g	▪		▪
Maltose	g	0.0		0.0
Maltose (monosaccharide equivalents)	g	0.0		0.0
Manganese	µg	81	2 %	54
Methionine (g)	g	▪		▪
Molybdenum	µg	▪		▪
Monosaccharides, total	g	4.0		2.6
Niacin equivalents, total	mg	0.69	7 %	0.46
Niacin equivalents from tryptophan	mg	0.26		0.17
Niacin, preformed	mg	0.43		0.29
Nitrogen, total	g	0.2		0.1
Fatty acids, total polyunsaturated omega-3	g	0.06		0.04
Organic acids, total (g)	g	▪		▪
Oxalic acid (g)	g	▪		▪
Pantothenic acid	mg	▪		▪
Phenylalanine (g)	g	▪		▪
Phosphorus	mg	33	3 %	22
Phytosterols, total	mg	▪		▪
Polysaccharides, non-starch	g	▪		▪
Polysaccharides, non-starch, water-	g	▪		▪

insoluble				
Polysaccharides, non-starch, water-soluble	g	▪	▪	
Potassium	mg	255		170
Proline (g)	g	▪		▪
Protein, total; calculated from total nitrogen	g	1.4	3 %	0.9
Proximates, total	g	146		97.3
Quinic acid (g)	g	▪		▪
Retinol	µg	0		0
Riboflavin	mg	0.14	8 %	0.10
Selenium	µg	0.0	0 %	0.0
Serine (g)	g	▪		▪
Sodium	mg	2	0 %	1
Sorbitol (g)	g	▪		▪
Starch, resistant	g	▪		▪
Starch, total	g	0.0		0.0
Starch, total (monosaccharide equivalents)	g	0.0		0.0
Succinic acid (g)	g	▪		▪
Sucrose	g	8.2		5.5
Sucrose (monosaccharide equivalents)	g	8.6		5.7
Sugars, total	g	12.2	14 %	8.1
Sugars, total (monosaccharide equivalents)	g	12.6		8.4
Sulphur	mg	▪		▪
Taurine (g)	g	▪		▪
Thiamin	mg	0.05	5 %	0.04
Threonine (g)	g	▪		▪
Total carbohydrate by difference	g	18.3		12.2
Total carbohydrates by summation	g	14.2		9.5
Fatty acids, total trans	g	0.00		0.00
Tryptophan (g)	g	▪		▪
Tyrosine (g)	g	▪		▪
Valine (g)	g	▪		▪
Vitamin A, retinol activity equivalents	µg	40	5 %	27
Vitamin A, retinol equivalents	µg	82		55
Vitamin B12	µg	0.00	0 %	0.00
Vitamin B6	mg	0.38	23 %	0.25
Vitamin C	mg	31.5	79 %	21.0
Vitamin D; calculated by summation	µg	0.00	0 %	0.00
Vitamin E, alpha-tocopherol equivalents	mg	0.68	7 %	0.45
Vitamin K	µg	▪		▪
Water	g	130		86.4
Zeaxanthin	µg	▪		▪
Zinc	mg	0.11	1 %	0.07