

Detailed Report (alphabetical)

Tangelo, flesh, raw

FCDB food ID	L179
Food group	Fruits
Serving Size	<input type="text" value="90"/> g
Recommended Serving Size	1 tangelo = 90 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	■		■
Alpha-tocopherol	mg	0.17		0.19
Arginine (g)	g	■		■
Ash	g	0.4		0.4
Asparagine (g)	g	■		■
Aspartic acid (g)	g	■		■
Available carbohydrate by difference	g	9.9		11.0
Available carbohydrates by weight	g	7.0		7.8
Available carbohydrates in monosaccharide equivalent	g	7.3		8.1
Beta-carotene	µg	■		■
Beta-carotene equivalents	µg	312		347
Beta-tocopherol	mg	■		■
Beta-tocopherol + Gamma-tocopherol	µg	■		■
Biotin	µg	0.9	3 %	1.0
Caffeine	mg	0.0		0.0
Calcium	mg	20	2 %	22
Carbohydrate by difference, FSANZ	g	9.9		11.0
Available carbohydrate, FSANZ	g	7.0	2 %	7.8
Chloride	mg	3		3
Cholecalciferol (Vitamin D3)	µg	0.00		0.00
Cholesterol	mg	0.0		0.0
Chromium	µg	■		■
Citric acid (g)	g	■		■
Copper	mg	0.03	1 %	0.03
Cystine (g)	g	■		■

Delta-tocopherol	mg	▪		▪
Fibre, total dietary	g	1.8	6 %	2.0
Disaccharides, total	g	4.6		5.1
Disaccharides, total (monosaccharide equivalents)	g	4.8		5.4
Dry matter	g	12.7		14.1
Energy, total metabolisable, available carbohydrate, FSANZ (kJ)	kJ	147	2 %	163
Energy, total metabolisable (kJ)	kJ	132		147
Energy, total metabolisable (kJ, including dietary fibre)	kJ	147		163
Energy, total metabolisable (kcal)	kcal	32		35
Energy, total metabolisable (kcal, including dietary fibre)	kcal	35		39
Energy, total metabolisable, available carbohydrate, FSANZ (kcal)	kcal	35		39
Energy, total metabolisable, carbohydrate by difference, FSANZ (kJ)	kJ	195		217
Energy, total metabolisable, carbohydrate by difference, FSANZ (kcal)	kcal	47		52
Ergocalciferol (Vitamin D2)	µg	0.0		0.0
Fatty acids, total saturated	g	0.02	0 %	0.02
Fat, total	g	0.1	0 %	0.1
Fatty acid 10:0	g	▪		▪
Fatty acid 10:1	g	▪		▪
Fatty acid 12:0	g	▪		▪
Fatty acid 12:1	g	▪		▪
Fatty acid 13:0	g	▪		▪
Fatty acid 14:0	g	▪		▪
Fatty acid 14:1	g	▪		▪
Fatty acid 14:1 omega-5	g	▪		▪
Fatty acid 15:0	g	▪		▪
Fatty acid 15:1	g	▪		▪
Fatty acid 16:0	g	▪		▪
Fatty acid 16:1	g	▪		▪
Fatty acid 17:0	g	▪		▪
Fatty acid 17:1	g	▪		▪
Fatty acid 18:0	g	▪		▪
Fatty acid 18:1	g	▪		▪
Fatty acid 18:1 omega-7	g	▪		▪
Fatty acid 18:1 omega-9	g	▪		▪
Fatty acid 18:2	g	▪		▪
Fatty acid 18:2 omega-6	g	▪		▪
Fatty acid 18:3	g	▪		▪
Fatty acid 18:3 omega-3	g	▪		▪
Fatty acid 18:3 omega-6	g	▪		▪
Fatty acid 18:4	g	▪		▪
Fatty acid 18:4 omega-3	g	▪		▪
Fatty acid 19:0	g	▪		▪
Fatty acid 20:0	g	▪		▪

Fatty acid 20:1	g	▪	▪	
Fatty acid 20:1 omega-11	g	▪	▪	
Fatty acid 20:1 omega-9	g	▪	▪	
Fatty acid 20:2	g	▪	▪	
Fatty acid 20:2 omega-6	g	▪	▪	
Fatty acid 20:3	g	▪	▪	
Fatty acid 20:3 omega-3	g	▪	▪	
Fatty acid 20:3 omega-6	g	▪	▪	
Fatty acid 20:4	g	▪	▪	
Fatty acid 20:4 omega-3	g	▪	▪	
Fatty acid 20:4 omega-6	g	▪	▪	
Fatty acid 20:5	g	▪	▪	
Fatty acid 20:5 omega-3	g	▪	▪	
Fatty acid 21:0	g	▪	▪	
Fatty acid 21:5	g	▪	▪	
Fatty acid 21:5 omega-3	g	▪	▪	
Fatty acid 22:0	g	▪	▪	
Fatty acid 22:1	g	▪	▪	
Fatty acid 22:1 omega-11	g	▪	▪	
Fatty acid 22:1 omega-9	g	▪	▪	
Fatty acid 22:2	g	▪	▪	
Fatty acid 22:2 omega-6	g	▪	▪	
Fatty acid 22:4	g	▪	▪	
Fatty acid 22:4 omega-6	g	▪	▪	
Fatty acid 22:5	g	▪	▪	
Fatty acid 22:5 omega-3	g	▪	▪	
Fatty acid 22:5 omega-6	g	▪	▪	
Fatty acid 22:6	g	▪	▪	
Fatty acid 22:6 omega-3	g	▪	▪	
Fatty acid 23:0	g	▪	▪	
Fatty acid 24:0	g	▪	▪	
Fatty acid 24:1	g	▪	▪	
Fatty acid 4:0	g	▪	▪	
Fatty acid 6:0	g	▪	▪	
Fatty acid 8:0	g	▪	▪	
Fatty acids, total	g	0.07	0.08	
Fatty acids, total long chain polyunsaturated omega-3	g	▪	▪	
Fatty acids, total monounsaturated	g	0.03	0.03	
Fatty acids, total monounsaturated trans	g	▪	▪	
Fatty acids, total polyunsaturated	g	0.03	0.03	
Fatty acids, total polyunsaturated omega-6	g	▪	▪	
Fatty acids, total polyunsaturated trans	g	▪	▪	
Fibre, water-insoluble	g	▪	▪	
Fibre, water-soluble	g	▪	▪	
Fluoride	µg	▪	▪	
Dietary folate equivalents	µg	18	9 %	20

Folate food, naturally occurring food folates	µg	18		20
Folate, total	µg	18		20
Folic acid, synthetic folic acid	µg	0		0
Sugar, free	g	0.0		0.0
Fructose	g	0.9		1.0
Gamma-tocopherol	mg	▪		▪
Glucose	g	1.5		1.7
Glutamic acid (g)	g	▪		▪
Glycine (g)	g	▪		▪
Glycogen	g	▪		▪
Glycogen (monosaccharide equivalents)	g	▪		▪
Histidine (g)	g	▪		▪
Hydroxyproline (g)	g	▪		▪
Iodide	µg	0.19	0 %	0.21
Iron	mg	0.27	2 %	0.30
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	9	3 %	10
Malic acid (g)	g	▪		▪
Maltodextrin	g	▪		▪
Maltose	g	0.0		0.0
Maltose (monosaccharide equivalents)	g	0.0		0.0
Manganese	µg	29	1 %	32
Methionine (g)	g	▪		▪
Molybdenum	µg	▪		▪
Monosaccharides, total	g	2.4		2.7
Niacin equivalents, total	mg	0.36	4 %	0.40
Niacin equivalents from tryptophan	mg	0.09		0.10
Niacin, preformed	mg	0.27		0.30
Nitrogen, total	g	0.1		0.1
Fatty acids, total polyunsaturated omega-3	g	▪		▪
Organic acids, total (g)	g	▪		▪
Oxalic acid (g)	g	▪		▪
Pantothenic acid	mg	0.18	4 %	0.20
Phenylalanine (g)	g	▪		▪
Phosphorus	mg	9	1 %	10
Phytosterols, total	mg	▪		▪
Polysaccharides, non-starch	g	1.5		1.7
Polysaccharides, non-starch, water-insoluble	g	0.8		0.9

Polysaccharides, non-starch, water-soluble	g	0.7		0.8
Potassium	mg	126		140
Proline (g)	g	▪		▪
Protein, total; calculated from total nitrogen	g	0.6	1 %	0.6
Proximates, total	g	87.1		96.8
Quinic acid (g)	g	▪		▪
Retinol	µg	0		0
Riboflavin	mg	0.03	2 %	0.03
Selenium	µg	0.1	0 %	0.1
Serine (g)	g	▪		▪
Sodium	mg	4	0 %	4
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	4.6		5.1
Sucrose (monosaccharide equivalents)	g	4.8		5.4
Sugars, total	g	7.0	8 %	7.8
Sugars, total (monosaccharide equivalents)	g	7.3		8.1
Sulphur	mg	7		8
Taurine (g)	g	▪		▪
Thiamin	mg	0.04	4 %	0.05
Threonine (g)	g	▪		▪
Total carbohydrate by difference	g	11.7		13.0
Total carbohydrates by summation	g	8.8		9.8
Fatty acids, total trans	g	▪		▪
Tryptophan (g)	g	▪		▪
Tyrosine (g)	g	▪		▪
Valine (g)	g	▪		▪
Vitamin A, retinol activity equivalents	µg	26	3 %	29
Vitamin A, retinol equivalents	µg	52		58
Vitamin B12	µg	0.00	0 %	0.00
Vitamin B6	mg	0.06	4 %	0.07
Vitamin C	mg	25.2	63 %	28.0
Vitamin D; calculated by summation	µg	0.00	0 %	0.00
Vitamin E, alpha-tocopherol equivalents	mg	0.17	2 %	0.19
Vitamin K	µg	▪		▪
Water	g	77.3		85.9
Zeaxanthin	µg	▪		▪
Zinc	mg	0.27	2 %	0.30