



**Food ID:** Q021

**Food name and Description:** Fruit jce drnk conc, orange

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	39.6
Energy, calculated (kcal)	244
Protein (g)	0
Total Fat (g)	0.7
Carbohydrate, total (g)	59.5
Ash, total (g)	0.2

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.9
Sugars, total (g)	41

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	34
Phosphorus, P (mg)	2
Iron, Fe (mg)	0.3
Sodium, Na (mg)	9

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.08
Fatty acids, monounsaturated, total (g)	0.12
Fatty acids, polyunsaturated, total(g)	0.16
Cholesterol (mg)	0