**Topic of Assignment**

**NUTRITIONAL VALUE OF ORANGE**

**Submitted By:**

**MUNEEB AHMED QURESHI**

**B.Sc. (Hons.) Food Science and Technology (Semester-7th)**

**Roll No: 19 (Regular)**

**Email:muneeb.kureshi@yahoo.com**

**Submitted To:**

**Dr. Saqib Jabbar**

Assistant Professor

Institute of Food Science and Nutrition (IFSN)

University of Sargodha, Sargodha

**

**Institute of Food Science and Nutrition**

**University Of Sargodha**

**SARGODHA, PAKISTAN**

|  |
| --- |
| Nutritional Value of Orange (*Citrus* *Sinensis*) Per 100 g**Dated: 28th September 2015**download (1).jpg**Prepared By: Muneeb Ahmed Qureshi** **Roll No.19(R)****Bsc(Hons.)FST7th semester****Orange is Famous For:****1. Vitamin A****2. Vitamin C****2. Potassium****3. Lutein-zeaxanthin****3. Potassium****4. Beta-Carotene)** |
| Energy | 47 Kcal |
| Carbohydrates | 11.75 g |
| Total fat | 0.12 g |
| Protein | 0.94 g |
| Dietary fiber | 2.40 g |
| Vitamins |
| Vitamin A | **225 IU\*** |
| Thiamine (B1) | 0.100 mg |
| Riboflavin (B2) | 0.040 mg |
| Niacin (B3) | 0.282 mg |
| Pantothenic acid (B5) | 0.250 mg |
| Pyridoxine | 0.060 mg |
| Folate (B9) | 30 µg |
| Vitamin C | **53.2 mg\*** |
| Vitamin E | 0.18 mg |
| Vitamin K | 0 µg |
| Minerals |
| Calcium | 40 mg |
| Copper | 39 µg |
| Iron | 0.10 mg |
| Magnesium | 10 mg |
| Manganese | 0.024 mg |
| Potassium | **169 mg\*** |
| Sodium | 0 mg |
| Zinc | 0.08 mg |
| Phyto-nutrients (Act as Antioxidants) |
| Carotene-ß | 71 µg |
| Carotene-α  |  11 µg |
| Crypto-xanthin-ß | 116 µg |
| Lutein-zeaxanthin | **129 µg\*** |
|  Source: USDA National Nutrient Database |