**Topic of Assignment**

**NUTRITIONAL VALUE OF ORANGE**

**Submitted By:**

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| 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 | |