



Harvest of the Month

Oranges

Nutrition Facts

Serving Size: 1 medium orange (154g)

Calories 75

Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	14%
Sugars 13g	
Protein 1g	
Vitamin A 8%	Calcium 7%
Vitamin C 152%	Iron 1%

Source: www.nutritiondata.com

