

Nutritional Information for JUICE ORNG CRTN 70-4FLZ COMM

Product Number:	251390
Description:	AP Orange Juice, 4flz USDA Comm

Nutritional Information		
Serving Size 1 each (113 g)		
Amount Per Serving		
Calories 56		Calories from Fat 1
% Daily Value		
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
Cholesterol	0 mg	0%
Sodium	1 mg	0%
Potassium	236 mg	7%
Total Carbs	13 g	4%
Dietary Fiber	0 g	1%
Sugars	10 g	n/a
Protein	1 g	2%
Vitamin A -	3%	Vitamin C - 81%
Calcium -	1%	Iron - 1%
Percent Daily Values are based on a 2,000 calorie diet		
Calories Per Gram:		
	Fat 9	Carbohydrates 4 Protein 4

School Equivalents		Fat Soluble Vitamins	
1 EA (4flz)		Vitamin D	n/a
Meat/Meat Alternative	0.00 oz	Vitamin D	n/a
Fruit/Vegetables	0.50 cup	Vitamin E	0 mg
Grain/Bread	0.00 srv	Vitamin K	n/a
Child Nutrition Label	No	Vitamin A	133 IU
		Vitamin A	n/a

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	12 mg
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	11 mg
Vitamin C	48 mg	Iron	0 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a