

# Oranges

Fruit

The orange is the fruit of the citrus species *Citrus × sinensis* in the family Rutaceae. It is also called sweet orange, to distinguish it from the related *Citrus × aurantium*, referred to as bitter orange. The sweet orange reproduces asexually; varieties of sweet orange arise through mutations.[Wikipedia](#)

## Nutrition Facts

Orange		Orange	
Amount Per		100 grams	100 grams
Calories		47	
		% Daily Value*	
Total Fat		0.1 g	0%
Saturated fat		0 g	0%
Polyunsaturated fat		0 g	
Monounsaturated fat		0 g	
Cholesterol		0 mg	0%
Sodium		0 mg	0%
Potassium		181 mg	5%
Total Carbohydrate		12 g	4%
Dietary fiber		2.4 g	9%
Sugar		9 g	
Protein		0.9 g	1%
Vitamin A	4%	Vitamin C	88%
Calcium	4%	Iron	0%

Vitamin D	0%	Vitamin B-6	5%
Vitamin B-12	0%	Magnesium	2%

\*Per cent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs