

CITRUS

Market
Basket
of the month



Nutrition Facts

Serving Size: 1 medium orange (154g)

Calories 75

Calories from Fat 0

	% 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% Vitamin C 152% Calcium 7% Iron 1%

Source: www.nutritiondata.com

