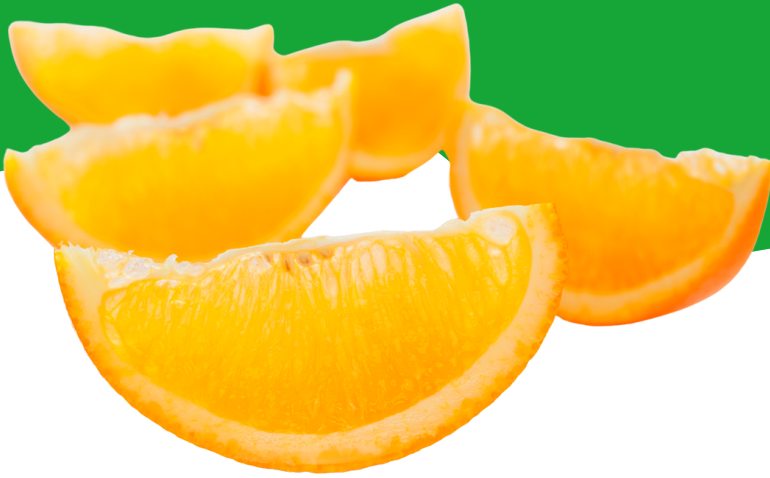


ORANGE WEDGES



85% of all oranges produced are used for juice.

Do you like orange juice?

PRODUCE PARTICULARS

Oranges contain vitamin C, a nutrient which plays an important role in the immune system. They also offer fiber, which has been shown to help manage cholesterol and blood sugar.



There are 600 varieties of oranges in the world. The primary orange varieties in Florida are Navel, Hamlin, Pineapple, Ambersweet, and Valencia.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 45

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	9%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.1mg	0%
Potassium 170mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Oranges, Raw, Florida

FRESHEALTH