

Health benefits of Oranges

- Nutrients in oranges are plentiful and diverse. The fruit is low in calories, contains no saturated fats or cholesterol, but is rich in dietary.
- Oranges, like other citrus fruits, are an excellent source of **vitamin**.
- Oranges also contain very good levels of *vitamin A*,
- It is also a very good source of B-complex vitamins.
- Orange fruit also contains a very good amount of minerals like potassium and calcium. Potassium and control heart rate and blood pressure through countering pressing effects of sodium.

| Principle | Nutrient Value | Percentage of RDA |
|---------------|----------------|-------------------|
| Energy | 47 Kcal | 2.5% |
| Carbohydrates | 11.75 g | 9% |
| Protein | 0.94 g | 1.5% |
| Total Fat | 0.12 g | 0.5% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 2.40 g | 6% |
| Vitamin C | 53.2 mg | 90% |
| Vitamin A | 225 IU | 7.5% |
| Vitamin E | 0.18 mg | 1% |
| Vitamin K | 0 µg | 0% |
| Calcium | 40 mg | 4% |
| Copper | 39 µg | 4% |
| Iron | 0.10 mg | 1% |
| Magnesium | 10 mg | 2.5% |
| Manganese | 0.024 mg | 1% |
| Zinc | 0.08 mg | 1% |