**Orange Juice**

Instructional Food Service OCC

Categories: Lunch

Locations: Game ON

Serving Size 16 fl oz

servings Per Container 1

**Nutrient Descriptors**

Good Source of Carbohydrates

High in Calcium

High in Potassium

High in Protein

High in Vitamin A

**Nutrition Facts**

Amount per Serving % Daily Value

Calories 490

Calories From Fat 230

Total Fat 26g 39%\*

Saturated Fat 17g 76%\*

Trans Fat 0g

Polyunsaturated Fat .5g

Monounsaturated Fat 7g

Cholesterol 100 mg 34%\*

Sodium 370mg 15%\*

Total Carbohydrate 37g 12%\*

Dietary Fiber 0g 0%\*

Sugars 37g

Protein 28g

Vitamin A 20%\* Vitamin C 8%\*

Calcium 100%\* Iron 2%\*

\* Percent Daily Values are based on a 2000 calorie diet.

**Ingredients:**

orange