

# Natalie's Fresh Orange Juice

**Serving Size:** 8 fl oz (240mL)

**Servings Per Container:** 4

**Ingredients:** Oranges

<b>Amount Per Serving</b>			
Calories 110		Calories from Fat 0	
		<b>% Daily Value</b>	
<b>Total Fat 0g</b>			<b>0%</b>
Saturated Fat 0g			0%
<b>Cholesterol 0g</b>			<b>0%</b>
<b>Sodium 0g</b>			<b>0%</b>
<b>Potassium 496mg</b>			<b>10%</b>
<b>Total Carbohydrate 26g</b>			<b>9%</b>
Dietary Fiber 0g			0%
Sugars 21g (Includes 0g Added Sugars)			
<b>Protein 2g</b>			
<b>Vitamin A 2%</b>			<b>Vitamin C 140%</b>
<b>Calcium 2%</b>			<b>Iron 0%</b>
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

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