Penn State Univeristy
BERKEY CREAMERY

BEVERAGES

Orange Juice

1/2 Gallon

INGREDIENTS: water, pure orange juice concentrate from Florida.

Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container 8

Amount Per Serving

Calories 110 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 1g	**4%**
Sugars 26g	
Protein 2g	

Vitamin A 4% • Vitamin C 160%

Calcium 2% • Iron --%

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

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300 mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

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