

# Mandarin Oranges in Light Syrup

mandarin oranges, water, sugar  
oranges mandarine, eau, sucre

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1/2cup (150mL)	
/Par 1/2 tasse (150mL)	
Amount	%Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b>	<b>80</b>
<b>Fat / Lipides</b>	<b>0 g 0 %</b>
Saturated / saturés	0 g
+ Trans / trans	0 g
<b>Cholesterol / Cholestérol</b>	<b>0 mg</b>
<b>Sodium / Sodium</b>	<b>10 mg 1 %</b>
<b>Carbohydrate / Glucides</b>	<b>19 g 6 %</b>
Fibre / Fibres	1 g
Sugars / Sucres	15 g
<b>Protein / Protéines</b>	<b>0.5 g</b>
<b>Vitamin A / Vitamine A</b>	<b>10 %</b>
<b>Vitamin C / Vitamine C</b>	<b>35 %</b>
<b>Calcium / Calcium</b>	<b>0 %</b>
<b>Iron / Fer</b>	<b>4 %</b>

# Mandarin Oranges in Natural Juice

mandarin oranges, mandarin orange juice  
oranges mandarine, jus d'oranges mandarine

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1/2cup (150mL)	
/Par 1/2tasse (150mL)	
Amount	%Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b>	50
<b>Fat / Lipides</b>	0 g <b>0 %</b>
Saturated / saturés	0 g <b>0%</b>
+ Trans / trans	0 g
<b>Cholesterol / Cholestérol</b>	0 mg
<b>Sodium / Sodium</b>	6 mg <b>1 %</b>
<b>Carbohydrate / Glucides</b>	12 g <b>4 %</b>
Fibre / Fibres	1 g <b>4 %</b>
Sugars / Sucres	10 g
<b>Protein / Protéines</b>	1 g
<b>Vitamin A / Vitamine A</b>	30 %
<b>Vitamin C / Vitamine C</b>	70 %
<b>Calcium / Calcium</b>	2 %
<b>Iron / Fer</b>	2 %