



6.7 ounces provides 100 food calories  
85% of this food's weight is water

**Total Nutrients Score** 163

**Caloric Breakdown**

Rating: Good  
Tangerines are excellent for vitamins C and A. As with many fruits the only negative content is the high sugar content.

Carbohydrates	90%
Proteins	5%
Fats	5%
Alcohol	0%

food\_plan1.Cost \$0.99

**Food Scores**

Vitamin Score 113 Protein Score 7  
Mineral Score 29 Fiber Score 11  
Net Food Score 126

**Financial Cost**

At \$0.99 per pound, the cost of all displayed nutrients is \$0.56  
Net nutrition per dollar is 227  
74% of purchased food is edible.  
Cost per edible pound is \$1.34

**Vitamins**

Vitamin A	26%
Thiamin (B-1)	5%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	4%
Vitamin B-6	6%
Folate	8%
Vitamin B-12	0%
Vitamin C	56%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

**Minerals**

Calcium	5%
Copper	4%
Iron	2%
Magnesium	5%
Manganese	3%
Phosphorus	2%
Potassium	8%
Selenium	0%
Sodium	0%
Zinc	1%

**Proteins** 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	0%
Valine*	1%

**Carbohydrates** 9%

Fiber	11%
Sugars, total	36%
<b>Fats</b> 1%	
Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	1%
Omega-6 fats	1%

**Other Components**

Beta-carotene	6%
Lycopene	0%
Phytosterols	
Retinol	0%
ORAC	102%
Caffeine	0%
Alpha-carotene	4%
Betaine	0%
Fluorine	

USDA Food Number 09218 Food Group Code 0900

**tangerines**