



## ORANGES, FRESH

Date: December 2012 Code: 900532, 900533, 900534, 900530

### DESCRIPTION

- Oranges are U.S. No. 1 or better fresh, whole fruit.
- Oranges may be Naval, Valencia, Pineapple, or Hamlin varieties.

### PACK/YIELD

- 900530: 5 pound bag (about 30 oranges per bag)
- 900532: 1 pound bag (about 6 oranges per bag)
- 900533: 2 pound bag (about 12 oranges per bag)
- 900534: 3 pound bag (about 18 oranges per bag)

### STORAGE

- Whole oranges are best stored in the refrigerator.
- Cut fruit or orange sections should be stored in a container not made from metal in the refrigerator.
- For further guidance on how to store and maintain USDA Foods, please see our memo [http://www.fns.usda.gov/fdd/policymemo/pmfd107\\_NSLP\\_CACF\\_SFSP\\_CSFP\\_FDPIR\\_TEFAP\\_CI-StorandInvMgmt.pdf](http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf)

### USES AND TIPS

- Fresh oranges are a great snack or dessert. Just peel, separate into sections, and enjoy.
- Orange sections are a wonderful addition to salads, stuffing, rice dishes, and mixed fruit dishes.
- Slice oranges and add them to beverages.

### NUTRITION INFORMATION

- 1 medium orange counts as 1 cup in the MyPlate.gov Fruit Group. For a 2,000-calorie diet, the daily recommended amount is about 2 cups of fruit.
- 1 medium orange provides more than a day's vitamin C needs.

### FOOD SAFETY INFORMATION

- Rinse oranges in cool water and pat dry before peeling and eating.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size: 1 medium orange, peeled (128g)

#### Amount Per Serving

**Calories** 60 **Calories from Fat** 0

**% Daily Value\***

<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
<i>Trans Fat</i> 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 0mg		<b>0%</b>
<b>Total Carbohydrate</b> 15g		<b>5%</b>
Dietary Fiber 3g		<b>12%</b>
Sugars 12g		
<b>Protein</b> 1g		
Vitamin A 6%	Vitamin C 120%	
Calcium 6%	Iron 0%	

\*Percent Daily Values are based on a 2,000 calorie diet.

## CARIBBEAN BEAN SALAD

MAKES ABOUT 4 SERVINGS

### Ingredients

- 4 cups romaine lettuce, chopped
- ¼ cup red onion, chopped
- 1 cup canned black beans, drained and rinsed
- 1 orange, peeled and chopped
- 1 tomato, chopped
- 1 tablespoon vegetable oil
- 3 tablespoon red wine vinegar (if you like)
- 1 teaspoon dried oregano (if you like)
- Black pepper to taste

### Directions

1. Toss all ingredients together in large salad bowl. If using red wine vinegar and oregano, add that too.
2. Serve right away or refrigerate up to one hour and then serve.

Nutrition Information for 1 serving of Caribbean Bean Salad							
Calories	120	Cholesterol	0 mg	Sugar	6 g	Vitamin C	40 mg
Calories from Fat	30	Sodium	70 mg	Protein	5 g	Calcium	64 mg
Total Fat	3 g	Total Carbohydrate	18 g	Vitamin A	155 RAE	Iron	2 mg
Saturated Fat	1 g	Dietary Fiber	7 g				

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

## EASY FRUIT SALAD

MAKES ABOUT 7 SERVINGS

### Ingredients

- 1 can (about 16 ounces) fruit cocktail or mixed fruit, drained
- 2 bananas, peeled and sliced
- 2 oranges, peeled and chopped
- 2 apples, peeled, center removed, and chopped
- 1 container (about 8 ounces) low-fat piña colada or lemon flavored yogurt

### Directions

1. Mix fruit in a large bowl.
2. Add yogurt and mix well.
3. Serve right away or refrigerate for one hour and then serve.

Nutrition Information for 1 serving (1 cup) of Easy Fruit Salad							
Calories	120	Cholesterol	0 mg	Sugar	24 g	Vitamin C	26 mg
Calories from Fat	0	Sodium	20 mg	Protein	2 g	Calcium	80 mg
Total Fat	0 g	Total Carbohydrate	30 g	Vitamin A	20 RAE	Iron	0 mg
Saturated Fat	0 g	Dietary Fiber	4 g				

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.