

Oranges are nutritious and offer various health benefits. Here are the nutritional facts for one medium-sized orange (about 130 grams):

- **Calories:** 62
- **Total Fat:** 0.2 grams
 - Saturated Fat: 0 grams
 - Trans Fat: 0 grams
- **Cholesterol:** 0 milligrams
- **Sodium:** 0 milligrams
- **Total Carbohydrates:** 15.4 grams
 - Dietary Fiber: 3.1 grams
 - Sugars: 12 grams
- **Protein:** 1.2 grams
- **Vitamin C:** 70 milligrams (117% of the Daily Value)
- **Vitamin A:** 6% of the Daily Value
- **Calcium:** 6% of the Daily Value
- **Iron:** 0% of the Daily Value
- **Potassium:** 237 milligrams (7% of the Daily Value)

Oranges are an excellent source of vitamin C and also provide dietary fiber, vitamin A, and potassium, making them a healthy addition to your diet.

Red navel oranges, also known as Cara Cara oranges, are a type of navel orange with a distinctive pinkish-red flesh. Here are the nutritional facts for one medium-sized red navel orange (about 154 grams):

- **Calories:** 80
- **Total Fat:** 0 grams
 - Saturated Fat: 0 grams
 - Trans Fat: 0 grams
- **Cholesterol:** 0 milligrams
- **Sodium:** 0 milligrams
- **Total Carbohydrates:** 19 grams
 - Dietary Fiber: 3 grams
 - Sugars: 14 grams
- **Protein:** 1 gram
- **Vitamin C:** 70 milligrams (117% of the Daily Value)
- **Vitamin A:** 30% of the Daily Value
- **Calcium:** 6% of the Daily Value
- **Iron:** 0% of the Daily Value
- **Potassium:** 250 milligrams (7% of the Daily Value)
- **Folate:** 40 micrograms (10% of the Daily Value)

Red navel oranges are an excellent source of vitamin C and provide a good amount of vitamin A, fiber, potassium, and folate. Their unique flavor and nutritional profile make them a healthy and delicious choice.

Temple oranges. They are known for their rich flavor and juiciness. Here are the nutritional facts for one medium-sized Temple orange (about 140 grams):

- **Calories:** 70
- **Total Fat:** 0.3 grams
 - Saturated Fat: 0 grams
 - Trans Fat: 0 grams
- **Cholesterol:** 0 milligrams
- **Sodium:** 0 milligrams
- **Total Carbohydrates:** 18 grams
 - Dietary Fiber: 3 grams
 - Sugars: 14 grams
- **Protein:** 1 gram
- **Vitamin C:** 80 milligrams (133% of the Daily Value)
- **Vitamin A:** 10% of the Daily Value
- **Calcium:** 4% of the Daily Value
- **Iron:** 0% of the Daily Value
- **Potassium:** 250 milligrams (7% of the Daily Value)

Temple oranges are an excellent source of vitamin C and also provide dietary fiber, vitamin A, and potassium. They are a tasty and nutritious citrus fruit option.

Honeybell tangelos, also known as Minneola tangelos, are a specific variety of tangelo known for their sweetness and juiciness. Here are the nutritional facts for one medium-sized Honeybell tangelo (about 109 grams):

- **Calories:** 70
- **Total Fat:** 0.2 grams
 - Saturated Fat: 0 grams
 - Trans Fat: 0 grams
- **Cholesterol:** 0 milligrams
- **Sodium:** 0 milligrams
- **Total Carbohydrates:** 17 grams
 - Dietary Fiber: 2 grams
 - Sugars: 12 grams
- **Protein:** 1 gram
- **Vitamin C:** 53 milligrams (88% of the Daily Value)
- **Vitamin A:** 35% of the Daily Value
- **Calcium:** 4% of the Daily Value
- **Iron:** 1% of the Daily Value
- **Potassium:** 220 milligrams (6% of the Daily Value)

Honeybell tangelos are an excellent source of vitamin C and vitamin A. They also provide dietary fiber and potassium, making them a nutritious and delicious citrus fruit option.

Tangerines are similar to oranges but slightly different in their nutritional profile. Here are the nutritional facts for one medium-sized tangerine (about 109 grams):

- **Calories:** 50
- **Total Fat:** 0.3 grams
 - Saturated Fat: 0 grams
 - Trans Fat: 0 grams
- **Cholesterol:** 0 milligrams
- **Sodium:** 2 milligrams
- **Total Carbohydrates:** 13 grams
 - Dietary Fiber: 1.8 grams
 - Sugars: 10 grams
- **Protein:** 0.8 grams
- **Vitamin C:** 26.7 milligrams (44% of the Daily Value)
- **Vitamin A:** 14% of the Daily Value
- **Calcium:** 3% of the Daily Value
- **Iron:** 1% of the Daily Value
- **Potassium:** 166 milligrams (5% of the Daily Value)

Tangerines are a good source of vitamin C and vitamin A, and they also provide dietary fiber and potassium. They are a sweet and nutritious snack option.

Mandarin oranges, also known as mandarins, are a type of citrus fruit that is similar to tangerines but with some differences in flavor and texture. Here are the nutritional facts for one medium-sized mandarin orange (about 88 grams):

- **Calories:** 47
- **Total Fat:** 0.3 grams
 - Saturated Fat: 0 grams
 - Trans Fat: 0 grams
- **Cholesterol:** 0 milligrams
- **Sodium:** 2 milligrams
- **Total Carbohydrates:** 12 grams
 - Dietary Fiber: 1.8 grams
 - Sugars: 9 grams
- **Protein:** 0.7 grams
- **Vitamin C:** 26.7 milligrams (44% of the Daily Value)
- **Vitamin A:** 6% of the Daily Value
- **Calcium:** 3% of the Daily Value
- **Iron:** 1% of the Daily Value
- **Potassium:** 166 milligrams (5% of the Daily Value)

Mandarin oranges are a good source of vitamin C and also provide dietary fiber, vitamin A, and potassium. They are a sweet, nutritious, and convenient snack.

Grapefruits come in various colors, including white, pink (red), and deep red (ruby red). While their nutritional content is generally similar, there can be slight differences. Here are the nutritional facts for a typical medium-sized grapefruit (about 230 grams) for each type:

White Grapefruit

- **Calories:** 78
- **Total Fat:** 0.2 grams
 - Saturated Fat: 0 grams
 - Trans Fat: 0 grams
- **Cholesterol:** 0 milligrams
- **Sodium:** 0 milligrams
- **Total Carbohydrates:** 20.3 grams
 - Dietary Fiber: 2.7 grams
 - Sugars: 16.1 grams
- **Protein:** 1.6 grams
- **Vitamin C:** 79.1 milligrams (131% of the Daily Value)
- **Vitamin A:** 4% of the Daily Value
- **Calcium:** 2% of the Daily Value
- **Iron:** 1% of the Daily Value
- **Potassium:** 351 milligrams (10% of the Daily Value)

Pink (Ruby) Grapefruit

- **Calories:** 74
- **Total Fat:** 0.2 grams
 - Saturated Fat: 0 grams
 - Trans Fat: 0 grams
- **Cholesterol:** 0 milligrams
- **Sodium:** 0 milligrams
- **Total Carbohydrates:** 18.5 grams
 - Dietary Fiber: 2.5 grams
 - Sugars: 16.1 grams
- **Protein:** 1.5 grams
- **Vitamin C:** 71.8 milligrams (120% of the Daily Value)
- **Vitamin A:** 28% of the Daily Value
- **Calcium:** 2% of the Daily Value
- **Iron:** 1% of the Daily Value
- **Potassium:** 320 milligrams (9% of the Daily Value)

Deep Red Grapefruit

- **Calories:** 72
- **Total Fat:** 0.2 grams
 - Saturated Fat: 0 grams
 - Trans Fat: 0 grams
- **Cholesterol:** 0 milligrams
- **Sodium:** 0 milligrams
- **Total Carbohydrates:** 18.1 grams
 - Dietary Fiber: 2.5 grams
 - Sugars: 16.1 grams
- **Protein:** 1.4 grams
- **Vitamin C:** 64 milligrams (107% of the Daily Value)
- **Vitamin A:** 35% of the Daily Value
- **Calcium:** 2% of the Daily Value
- **Iron:** 1% of the Daily Value
- **Potassium:** 278 milligrams (8% of the Daily Value)

These grapefruits are excellent sources of vitamin C and provide a good amount of vitamin A, especially the pink and deep red varieties. They are low in calories and fat, making them a healthy addition to your diet.