



ORANGE JUICE, UNSWEETENED, BOTTLE

Date: November 2012 Code: 100897

PRODUCT DESCRIPTION

- Canned unsweetened orange juice is 100% juice with no added sugar or sweeteners.

PACK/YIELD

- Orange juice is packed in 64 ounce plastic bottles, which is about 16 servings (½ cup each).

STORAGE

- Store unopened plastic bottles in a cool, clean, dry place.
- Store remaining juice in a tightly covered container and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Blend orange juice with fruit, yogurt, and ice to make a fruit smoothie.
- Freeze orange juice with toothpicks in an ice cube tray for quick and easy popsicles.
- Mix chopped fruit, orange juice, and chopped nuts for a twist on fruit salad.
- When cooking rice, use orange juice in place of some of the water or broth.

NUTRITION INFORMATION

- ½ cup orange juice counts as ½ cup in the MyPlate.gov Fruit Group. For a 2,000 calorie diet, the daily recommendation is about 2 cups of fruits.
- ½ cup of orange juice provides more than 60% of the daily recommended amount of vitamin C.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: ½ cup (4oz) orange juice, unsweetened

Amount Per Serving

Calories 60 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 14g **4%**

Dietary Fiber 0g **1%**

Sugars 11g

Protein 1g

Vitamin A 4% Vitamin C 60%

Calcium 2% Iron 0%

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

FLORIDA SUNSHINE SHAKE

MAKES 2 SERVINGS

Ingredients

- 1 cup orange juice
- ½ cup grapefruit juice
- 1 banana, mashed
- ½ cup low-fat vanilla yogurt
- ½ teaspoon vanilla extract

Directions

1. Combine all ingredients in a blender, or mix in a bowl.
2. Blend until smooth.
3. Pour into a glass and serve immediately.

Nutrition Information for 1 serving of Florida Sunshine Shake							
Calories	180	Cholesterol	5 mg	Sugar	21 g	Vitamin C	70 mg
Calories from Fat	10	Sodium	40 mg	Protein	5 g	Calcium	120 mg
Total Fat	1 g	Total Carbohydrate	40 g	Vitamin A	9 RAE	Iron	1 mg
Saturated Fat	0 g	Dietary Fiber	2 g				

Recipe adapted from the Florida Department of Citrus.

SKILLET SWEET POTATOES

MAKES 4 SERVINGS

Ingredients

- 1 pound sweet potatoes, peeled and sliced ½-inch thick
- ½ cup orange juice
- 2 tablespoons brown sugar (or molasses)
- 1 tablespoon margarine
- 1 teaspoon cinnamon (if you like)

Directions

1. Place sweet potatoes in a 12-inch skillet; cover with hot water, and bring to a boil. Lower heat, cover, and cook for 10 minutes until soft. Drain.
2. In a small mixing bowl, combine orange juice, brown sugar, and margarine. If using cinnamon, add that too.
3. Pour the sauce over the cooked potatoes in the skillet. Cook and stir until bubbly. Uncover and gently boil for about 5 minutes until the potatoes are glazed, spooning sauce over potatoes from time to time.

Nutrition Information for 1 serving of Skillet Sweet Potatoes							
Calories	160	Cholesterol	10 mg	Sugar	11 g	Vitamin C	15 mg
Calories from Fat	30	Sodium	90 mg	Protein	2 g	Calcium	50 mg
Total Fat	3 g	Total Carbohydrate	33 g	Vitamin A	828 RAE	Iron	1 mg
Saturated Fat	2 g	Dietary Fiber	4 g				

Recipe adapted from the Florida Department of Citrus.