

ORANGE JUICE

CANNED, UNSWEETENED

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 02/23/04

Product Description

Canned unsweetened orange juice is 100% juice, with no added sweeteners.

Pack/Yield

The juice is packed in 46-ounce cans, which provide 7 $\frac{3}{4}$ -cup (6-ounce) servings.

Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- Store leftover orange juice in a covered container and refrigerate. Use within 5 to 7 days.

Uses and Tips

- Blend orange juice with fresh fruit, yogurt, and ice to make a fruit smoothie.
- Fill an empty ice tray with orange juice to make frozen juice pops.

(See recipes on reverse side)



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Nutrition Information

- **Orange Juice** provides less than 90 calories per serving and is low in fat and sodium.
- One serving of orange juice provides over 100% of your daily value for vitamin C.
- A $\frac{3}{4}$ -cup serving of orange juice provides 1 serving from the **FRUIT GROUP** of the Food Guide Pyramid.

Nutrition Facts

Serving size $\frac{3}{4}$ cup (177ml)
canned orange juice

Amount Per Serving

Calories 78	Fat Cal 2
% Daily Value*	
Total Fat .2g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber <0.5g	1%
Sugars 19g	
Protein 1g	
Vitamin A 2%	Vitamin C 106%
Calcium 1%	Iron 4%

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

Florida Sunshine Shake

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

1. Combine all ingredients.
2. Pour into glass and serve immediately.

Makes 2 8-ounce servings

Recipe provided by Florida Department of Citrus

Nutrition Information for each serving of Florida Sunshine Shake:

Calories	184	Cholesterol	3 mg	Sugar	35 g	Calcium	117 mg
Calories from Fat	11	Sodium	43 mg	Protein	4 g	Iron	.8 mg
Total Fat	1.2 g	Total Carbohydrate	40 g	Vitamin A	37		
Saturated Fat	.6 g	Dietary Fiber	1 g	RE			
				Vitamin C	66 mg		

Orange Custard

½ cup sugar
 ¼ cup cornstarch
 4 eggs
 2½ cups orange juice

1. In a saucepan, combine the sugar and cornstarch.
2. Blend in the eggs.
3. Add the orange juice.
4. Cook, over low heat, until smooth and thickened. Do not let the custard boil or it will become curdled.
5. Portion into dessert dishes. Chill immediately.

Makes 6 servings

Recipe provided by Florida Department of Citrus

Nutrition Information for each serving of Orange Custard:

Calories	178	Cholesterol	141 mg	Sugar	27 g	Calcium	24 mg
Calories from Fat	31	Sodium	44 mg	Protein	4 g	Iron	.9 mg
Total Fat	3.4 g	Total Carbohydrate	32 g	Vitamin A	82		
Saturated Fat	1.0 g	Dietary Fiber	0 g	RE			
				Vitamin C	35 mg		

Skillet Sweet Potatoes

1 lb. sweet potatoes, peeled and sliced ½" thick
 ½ cup orange juice
 2 tablespoons brown sugar or molasses
 1 tablespoon butter or margarine
 1 teaspoon cinnamon (optional)

1. Place sweet potatoes in a 12" skillet; cover with hot water, bring to a boil. Lower heat, cover, and simmer for 10 minutes until tender. Drain.
2. In a small mixing bowl, combine orange juice, brown sugar, butter or margarine, and cinnamon (optional).
3. Pour sauce over the cooked potatoes. Cook and stir until bubbly. Boil gently, uncovered, about 5 minutes, until potatoes are glazed, spooning sauce over potatoes occasionally.

Makes 4 servings

Recipe provided by Florida Department of Citrus

Nutrition Information for each serving of Skillet Sweet Potatoes:

Calories	171	Cholesterol	8 mg	Sugar	17 g	Calcium	31 mg
Calories from Fat	48	Sodium	87 mg	Protein	1 g	Iron	.9 mg
Total Fat	5.4 g	Total Carbohydrate	31 g	Vitamin A	458 RE		
Saturated Fat	2.3 g	Dietary Fiber	2 g	Vitamin C	24 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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