

Calorie chart: citrus fruits (PDF)

Calories, protein, carbohydrate and fat for 26 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
California and Arizona Pink Grapefruit	1 cup sections, with juice (230 g)	85	37	0.5	9.7	0.1
California Valencia Orange	1 cup sections, without membranes (180 g)	88	49	1	11.9	0.3
California White Grapefruit	1 cup sections, with juice (230 g)	85	37	0.9	9.1	0.1
Canned Grapefruit Sections Juice Pack	1 cup (249 g)	92	37	0.7	9.2	0.1
Canned Grapefruit Sections Light Syrup	1 cup (254 g)	152	60	0.6	15.4	0.1
Canned Grapefruit Sections Water Pack	1 cup (244 g)	88	36	0.6	9.2	0.1
Canned Mandarin Oranges	1 cup (249 g)	92	37	0.6	9.6	0
Canned Mandarin Oranges Juice Pack Drained	1 cup (189 g)	72	38	0.8	9.4	0
Clementine	1 fruit (74 g)	35	47	0.9	12	0.2
Florida Orange	1 cup sections, without membranes (185 g)	85	46	0.7	11.5	0.2
Florida Pink Grapefruit	1 cup sections, with juice (230 g)	69	30	0.6	7.5	0.1
Florida White Grapefruit	1 cup sections, with juice (230 g)	74	32	0.6	8.2	0.1
Grapefruit	1/2 medium (approx 4" dia) (128 g)	41	32	0.6	8.1	0.1
Kumquat	1 fruit without refuse (19 g)	13	71	1.9	15.9	0.9
Lemon	1 fruit (2-1/8" dia) (58 g)	17	29	1.1	9.3	0.3
Lemon Peel	1 tbsp (6 g)	3	47	1.5	16	0.3
Lime	1 fruit (2" dia) (67 g)	20	30	0.7	10.5	0.2
Mandarin Oranges in Syrup	1 cup (252 g)	154	61	0.5	16.2	0.1
Navel Orange	1 fruit (2-7/8" dia) (140 g)	69	49	0.9	12.5	0.2
Orange	1 fruit (2-5/8" dia) (131 g)	62	47	0.9	11.8	0.1
Orange Peel	1 tbsp (6 g)	6	97	1.5	25	0.2
Orange with Peel	1 cup (170 g)	107	63	1.3	15.5	0.3
Pink Grapefruit	1/2 fruit (3-3/4" dia) (123 g)	52	42	0.8	10.7	0.1
Pomelo	1 cup, sections (190 g)	72	38	0.8	9.6	0
Tangerine	1 cup, sections (195 g)	103	53	0.8	13.3	0.3
White Grapefruit	1/2 fruit (3-3/4" dia) (118 g)	39	33	0.7	8.4	0.1

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight. Interactive tables and Nutrition Facts labels: <https://nutritionfactlabel.com/nutrition-database/citrus-fruits/>