



MANGO NUTRITION FACTS

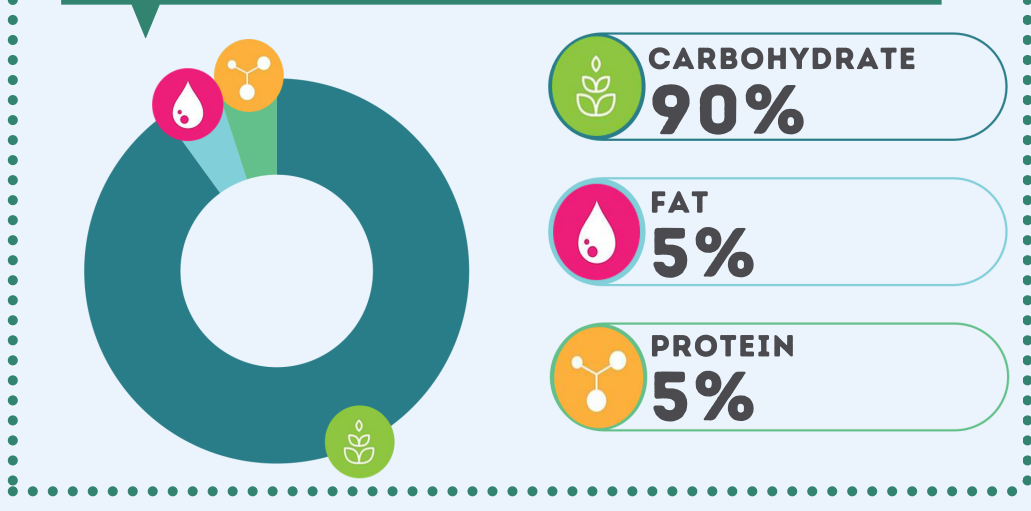


CALORIES 53/100GM

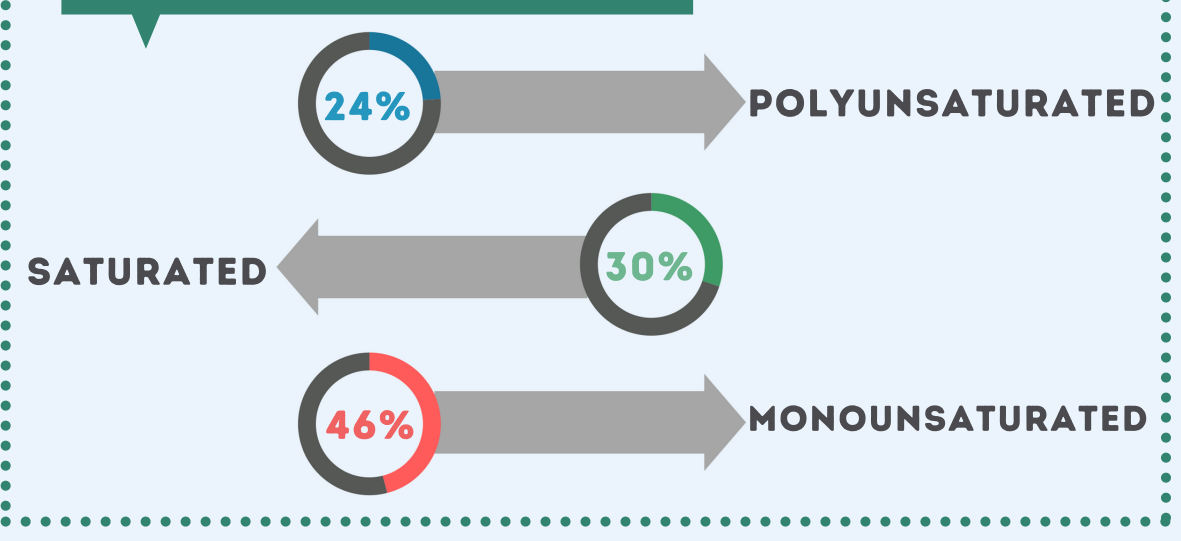
	AMOUNT		AMOUNT
CARBOHYDRATE	13.34 G	NIACIN	0.376 MG
FAT	0.31 G	VITAMIN A	34 MCG
PROTEIN	0.81 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.078 MG
FIBER	1.8 G	VITAMIN C	26.7 MG
RIBOFLAVIN	0.036 MG	VITAMIN D	0.00
SODIUM, NA	2 MG	FOLATE	16 MCG
THIAMIN	0.058 MG		



CALORIES BY SOURCE



FATS AND FATTY ACIDS



MANGO
OTHER NAMES
 MANGIFERA INDICA

MINERALS IN MANGO

37 MG	CALCIUM, CA	3 % (DV)
0.042 MG	COPPER, CU	5 % (DV)
0.15 MG	IRON, FE	1 % (DV)
0.039 MG	MAGNESIUM, MG	2 % (DV)
0.1 MCG	SELENIUM, SE	0 % (DV)
20 MG	PHOSPHORUS, P	3 % (DV)
166 MG	POTASSIUM, K	4 % (DV)
0.07 MG	ZINC, ZN	1 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.