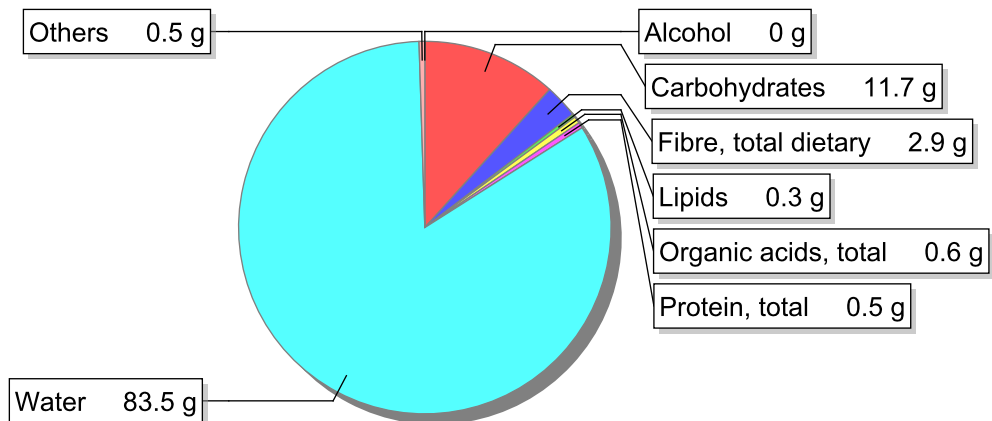


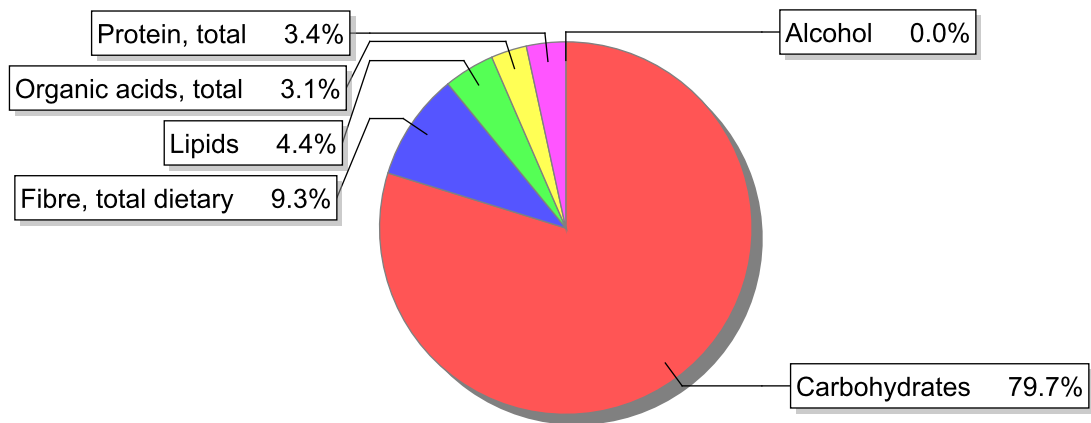
Food

Name: Mango
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 68%
Code: IS670
FoodEX2 Code: A01LF

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	59	kcal	
energy kJ, total metabolisable	250	kJ	
fatty acids, total saturated	0.1	g	63
fatty acids, total monounsaturated	0.1	g	63
fatty acids, total polyunsaturated	0.1	g	63
fatty acid 18:2 n-6 cis,cis	0	g	63
fatty acids, total trans	0	g	
sugars, total	11.5	g	63
sucrose	8.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	2.9	g	63
protein, total	0.5	g	63
alcohol	0	g	
water	83.5	g	63
organic acids, total	0.6	g	63
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	300	µg	
carotene, total (vitamin A precursors)	1800	µg	
vitamin D	0	µg	
alpha-tocopherol	1	mg	
thiamin	0.04	mg	
riboflavin	0.05	mg	
niacin, preformed	0.5	mg	
niacin equivalents, total	0.6	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.13	mg	
vitamin B-12	0	µg	
vitamin C	23	mg	
folate, total	36	µg	
ash	0.50	g	
sodium	14	mg	
potassium	120	mg	
calcium	9	mg	
phosphorus	10	mg	
magnesium	13	mg	
iron, total	0.2	mg	
zinc	0.1	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
63	Meister, MC; Fontes, MR; Lobo, P; Toscano MM (1998) - Frutos Tropicais. Sua Composição. Revista Portuguesa de Nutrição, Vol. 8(3), p. 69-74.