



NUTRIENT COMPOSITION OF PERFECTION FRESH PRODUCE - MANGO (PEELED, RAW)

Nutrients^	Per 150g serve (1/2 mango)	%DI
Moisture (g)	126.0	
Energy (kJ) (incl fibre)	355.5	4.1
Protein (g)	0.6	1.2
Total fat (g)	0.0	0.0
Saturated fat (g)	0.0	0.0
trans fats (g)	0.0	
Monounsaturated fats (g)	0.0	
Polyunsaturated fats (g)	0.0	
Carbohydrates (g) (incl sugar alcohols)	20.1	6.5
Sugars (g)	19.4	21.5
Dietary Fibre (g)	2.0	6.5
Sodium (mg)	0.0	0.0
Potassium (mg)	229.5	
Thiamin (mg)	0.1	8.2
Riboflavin (mg)	0.0	1.8
Niacin eq (mg)	0.1	1.4
Pantothenic acid (mg)	0.2	3.0
Vitamin B6 (mg)	0.1	4.7
Vitamin B12 (ug)	0.0	0.0
Folate eq (ug)	48.0	24.0
Biotin (ug)		
Vitamin A (ug) RE	205.5	27.4
Vitamin C (mg)	36.0	90.0
Vitamin D3 eq (ug)	0.0	0.0
Vitamin E mg	1.4	13.5
Vitamin K ug (USDA)	6.3	7.9
Calcium (mg)	13.5	1.7
Chromium (ug)	0.2	0.1
Copper (mg)	0.1	4.8
Iodine (ug)	0.0	0.0
Iron (mg)	0.3	2.1
Magnesium (mg)	15.0	4.7
Manganese (mg)	0.2	3.9
Molybdenum (ug)	0.0	0.0
Phosphorus (mg)	21.0	2.1
Selenium (ug)	0.0	0.0
Zinc (mg)	0.1	0.9

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