



Food ID: D124

Food name and Description: Mango, young lvs

Scientific name: *Mangifera indica*

Alternate/Common name(s): Mangga talbos

Edible portion: 64%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76.9
Energy, calculated (kcal)	90
Protein (g)	3
Total Fat (g)	0.7
Carbohydrate, total (g)	17.8
Ash, total (g)	1.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	8.1
Sugars, total (g)	0.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	64
Phosphorus, P (mg)	71
Iron, Fe (mg)	3.6
Sodium, Na (mg)	3

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1355
Retinol Activity Equivalent, RAE (µg)	113
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	138

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.22
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.24
Cholesterol (mg)	0