



**Food ID:** E049

**Food name and Description:** Mango, Indian, unripe

**Scientific name:** *Mangifera indica*

**Alternate/Common name(s):** Mangga, Indiyana, hilaw

**Edible portion:** 57%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	86.8
Energy, calculated (kcal)	53
Protein (g)	0.3
Total Fat (g)	0.2
Carbohydrate, total (g)	12.5
Ash, total (g)	0.2

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.3
Sugars, total (g)	4.7

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	11
Phosphorus, P (mg)	7
Iron, Fe (mg)	0.8
Sodium, Na (mg)	3

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	205
Retinol Activity Equivalent, RAE (µg)	17
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	61

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0.07
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	0