



Food ID: E050

Food name and Description: Mango, Manila super, medium ripe

Scientific name: *Mangifera indica*

Alternate/Common name(s): Mangga, kalabaw, manibalang

Edible portion: 72%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	83.6
Energy, calculated (kcal)	66
Protein (g)	0.4
Total Fat (g)	0.4
Carbohydrate, total (g)	15.2
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.6
Sugars, total (g)	9.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	10
Phosphorus, P (mg)	10
Iron, Fe (mg)	0.6
Sodium, Na (mg)	14

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	130
Retinol Activity Equivalent, RAE (µg)	11
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	49

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.1
Fatty acids, monounsaturated, total (g)	0.15
Fatty acids, polyunsaturated, total(g)	0.07
Cholesterol (mg)	0