

Republic of the Philippines **Department of Science and Technology** FOOD AND NUTRITION RESEARCH INSTITUTE

General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: E051 Food name and Description: Mango, Manila super, ripe Scientific name: Mangifera indica Alternate/Common name(s): Mangga, kalabaw, hinog Edible portion: 67%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	82.4
Energy, calculated (kcal)	70
Protein (g)	0.6
Total Fat (g)	0.2
Carbohydrate, total (g)	16.4
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.7
Sugars, total (g)	13.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	10
Phosphorus, P (mg)	19
Iron, Fe (mg)	0.6
Sodium, Na (mg)	4

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (μg)	1165
Retinol Activity Equivalent, RAE (µg)	97
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	46

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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 13:10:33