



**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