



**Food ID:** E053

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

**Scientific name:** *Mangifera altissima*

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

**Edible portion:** 76%

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

|                           |      |
|---------------------------|------|
| Water (g)                 | 81.8 |
| Energy, calculated (kcal) | 74   |
| Protein (g)               | 0.7  |
| Total Fat (g)             | 0.6  |
| Carbohydrate, total (g)   | 16.4 |
| Ash, total (g)            | 0.5  |

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

|                          |     |
|--------------------------|-----|
| Fiber, total dietary (g) | 1.8 |
| Sugars, total (g)        | 6.5 |

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

|                    |     |
|--------------------|-----|
| Calcium, Ca (mg)   | 95  |
| Phosphorus, P (mg) | 17  |
| Iron, Fe (mg)      | 1.2 |
| Sodium, Na (mg)    | 7   |

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

|                                       |      |
|---------------------------------------|------|
| Retinol, Vitamin A (µg)               | 0    |
| beta-Carotene (µg)                    | 80   |
| Retinol Activity Equivalent, RAE (µg) | 7    |
| Thiamin, Vitamin B1 (mg)              | 0.06 |
| Riboflavin, Vitamin B2 (mg)           | 0.1  |
| Niacin (mg)                           | 0.4  |
| Ascorbic Acid, Vitamin C (mg)         | 93   |

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

|                                         |      |
|-----------------------------------------|------|
| Fatty acids, saturated, total (g)       | 0.15 |
| Fatty acids, monounsaturated, total (g) | 0.22 |
| Fatty acids, polyunsaturated, total(g)  | 0.11 |
| Cholesterol (mg)                        | 0    |