



**Food ID:** E055

**Food name and Description:** Mango, piko, ripe

**Scientific name:** *Mangifera indica*

**Alternate/Common name(s):** Mangga, piko, hinog

**Edible portion:** 58%

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

|                           |      |
|---------------------------|------|
| Water (g)                 | 79.9 |
| Energy, calculated (kcal) | 80   |
| Protein (g)               | 0.7  |
| Total Fat (g)             | 0.2  |
| Carbohydrate, total (g)   | 18.9 |
| Ash, total (g)            | 0.3  |

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

|                          |      |
|--------------------------|------|
| Fiber, total dietary (g) | 1.9  |
| Sugars, total (g)        | 15.8 |

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

|                    |     |
|--------------------|-----|
| Calcium, Ca (mg)   | 15  |
| Phosphorus, P (mg) | 16  |
| Iron, Fe (mg)      | 0.5 |
| Sodium, Na (mg)    | 2   |

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

|                                       |      |
|---------------------------------------|------|
| Retinol, Vitamin A (µg)               | 0    |
| beta-Carotene (µg)                    | 1500 |
| Retinol Activity Equivalent, RAE (µg) | 125  |
| Thiamin, Vitamin B1 (mg)              | 0.06 |
| Riboflavin, Vitamin B2 (mg)           | 0.08 |
| Niacin (mg)                           | 0.6  |
| 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    |