



**Food ID:** E057

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

**Scientific name:** *Mangifera indica*

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

**Edible portion:** 53%

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

Water (g)	77.4
Energy, calculated (kcal)	91
Protein (g)	1.2
Total Fat (g)	0.5
Carbohydrate, total (g)	20.5
Ash, total (g)	0.4

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

Fiber, total dietary (g)	2.2
Sugars, total (g)	17.7

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

Calcium, Ca (mg)	7
Phosphorus, P (mg)	10
Iron, Fe (mg)	0.3
Sodium, Na (mg)	5

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1400
Retinol Activity Equivalent, RAE (µg)	117
Thiamin, Vitamin B1 (mg)	0.12
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	27

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

Fatty acids, saturated, total (g)	0.12
Fatty acids, monounsaturated, total (g)	0.18
Fatty acids, polyunsaturated, total(g)	0.09
Cholesterol (mg)	0