

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: E109 Food name and Description: Mango chips, dried Scientific name: Alternate/Common name(s): Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

| Water (g) | 9.4 |
|---------------------------|------|
| Energy, calculated (kcal) | 365 |
| Protein (g) | 1.6 |
| Total Fat (g) | 1 |
| Carbohydrate, total (g) | 87.3 |
| Ash, total (g) | 0.7 |

Other Carbohydrate (Food Composition per 100g Edible Portion)

| Fiber, total dietary (g) | 5.4 |
|--------------------------|------|
| Sugars, total (g) | 71.6 |

Minerals (Food Composition per 100g Edible Portion)

| Calcium, Ca (mg) | 28 |
|--------------------|-----|
| Phosphorus, P (mg) | 27 |
| Iron, Fe (mg) | 0.5 |
| Sodium, Na (mg) | 156 |

Vitamins (Food Composition per 100g Edible Portion)

| Retinol, Vitamin A (μg) | 0 |
|---------------------------------------|------|
| beta-Carotene (µg) | 25 |
| Retinol Activity Equivalent, RAE (µg) | 2 |
| Thiamin, Vitamin B1 (mg) | 0.09 |
| Riboflavin, Vitamin B2 (mg) | 0.13 |
| Niacin (mg) | 0.8 |
| Ascorbic Acid, Vitamin C (mg) | 0 |

Lipids (Food Composition per 100g Edible Portion)

| Fatty acids, saturated, total (g | 0.24 |
|---|------|
| Fatty acids, monounsaturated, total (g) | 0.37 |
| Fatty acids, polyunsaturated, total(g) | 0.19 |
| Cholesterol (mg) | 0 |

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