



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