



**Food ID:** M025

**Food name and Description:** Jam, mango, cnd

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

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

Water (g)	27.8
Energy, calculated (kcal)	287
Protein (g)	0.9
Total Fat (g)	0.2
Carbohydrate, total (g)	70.5
Ash, total (g)	0.6

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

Fiber, total dietary (g)	0.6
Sugars, total (g)	50.4

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

Calcium, Ca (mg)	47
Phosphorus, P (mg)	12
Iron, Fe (mg)	3.1
Sodium, Na (mg)	10

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	215
Retinol Activity Equivalent, RAE (µg)	18
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	18

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

Fatty acids, saturated, total (g)	0.03
Fatty acids, monounsaturated, total (g)	0.11
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	0