



**Food ID:** Q045

**Food name and Description:** Juice, mango

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	86.6
Energy, calculated (kcal)	56
Protein (g)	0.4
Total Fat (g)	0.7
Carbohydrate, total (g)	12.1
Ash, total (g)	0.2

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

Fiber, total dietary (g)	1.1
Sugars, total (g)	9.3

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

Calcium, Ca (mg)	7
Phosphorus, P (mg)	17
Iron, Fe (mg)	0.2
Sodium, Na (mg)	4

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1610
Retinol Activity Equivalent, RAE (µg)	134
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	41

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

Fatty acids, saturated, total (g)	0.21
Fatty acids, monounsaturated, total (g)	0.28
Fatty acids, polyunsaturated, total(g)	0.11
Cholesterol (mg)	0