



**Food ID:** S013

**Food name and Description:** Mango & papaya, str

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	77.5
Energy, calculated (kcal)	91
Protein (g)	0.2
Total Fat (g)	0.3
Carbohydrate, total (g)	21.8
Ash, total (g)	0.2

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

Fiber, total dietary (g)	1.8
Sugars, total (g)	15.8

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

Calcium, Ca (mg)	29
Phosphorus, P (mg)	6
Iron, Fe (mg)	0.2
Sodium, Na (mg)	6

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	175
Retinol Activity Equivalent, RAE (µg)	15
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	9

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

Fatty acids, saturated, total (g)	0.02
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0.15
Cholesterol (mg)	0