

## Basic Report 09176, Mangos, raw [a](#)

Report Date: June 20, 2018 10:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup pieces 165g	1 fruit without refuse 336g
<b>Proximates</b>				
Water	g	83.46	137.71	280.43
Energy	kcal	60	99	202
Protein	g	0.82	1.35	2.76
Total lipid (fat)	g	0.38	0.63	1.28
Carbohydrate, by difference	g	14.98	24.72	50.33
Fiber, total dietary	g	1.6	2.6	5.4
Sugars, total	g	13.66	22.54	45.90
<b>Minerals</b>				
Calcium, Ca	mg	11	18	37
Iron, Fe	mg	0.16	0.26	0.54
Magnesium, Mg	mg	10	16	34
Phosphorus, P	mg	14	23	47
Potassium, K	mg	168	277	564
Sodium, Na	mg	1	2	3
Zinc, Zn	mg	0.09	0.15	0.30
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	36.4	60.1	122.3
Thiamin	mg	0.028	0.046	0.094
Riboflavin	mg	0.038	0.063	0.128
Niacin	mg	0.669	1.104	2.248
Vitamin B-6	mg	0.119	0.196	0.400
Folate, DFE	µg	43	71	144
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	54	89	181
Vitamin A, IU	IU	1082	1785	3636

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Vitamin E (alpha-tocopherol)	mg	0.90	1.49	3.02
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	4.2	6.9	14.1
<b>Lipids</b>				
Fatty acids, total saturated	g	0.092	0.152	0.309
Fatty acids, total monounsaturated	g	0.140	0.231	0.470
Fatty acids, total polyunsaturated	g	0.071	0.117	0.239
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0

**Footnotes**

<sup>a</sup> Values based on analyses of Tommy Atkins, Keitt, Kent, and/or Haden cultivars.

<sup>b</sup> Mean value contains data based on the analysis of 5-methyltetrahydrofolate plus total folate determined microbiologically.