

Nutrition Facts

Mango

Serving size (100g)

Amount Per Serving

Calories

80

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% Daily Value*

Total Fat 0g 0%

Saturated Fat 0.09g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 2g 7%

Total Sugars 14g

Includes 0g Added Sugars 0%

Protein < 1g 2%

Vitamin D 0mcg 0%

Calcium 11mg 0%

Iron 0.15mg 0%

Potassium 0mg 0%

Vitamin A 650mcg 6%

Vitamin C 36.6mg 40%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.