

## MANGO

### INGREDIENTS

- 1 cup pieces of mangos, raw [165 g]

### COOKING METHOD

- 1° mango wash

### NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	60 kcal	3 %
FAT	0 g	1 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 %
CHOLESTEROL	0 mg	0 %
SODIUM	1 mg	0 %
CARBOHYDRATE	15 g	5 %
SUGARS	14 g	—
FIBER	2 g	6 %
PROTEIN	1 g	—