

# Nutrition Facts Mango

Serving size 100g

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**Amount per serving**

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**Calories 60**

Fat calories 0

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**Dietary value\***

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**Total Fat** 0.38g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%**Sodium** 0mg 0%**Total Carbohydrate** 14g 5%

Dietary Fiber 1.6g 6%

Total Sugars 13g

**Protein** 0.82g

Vitamin A 6% Vitamin C 40%

Vitamin B1 2% Vitamin B6 7%

Calcium 1% Iron 2%

Phosphates 1% Potassium 4%

Magnesium 2% Manganese 3%

\* The percentage Daily Values (DV) are based on a daily diet of 2.000 calories. Daily Values can be higher or lower depending on your caloric necessity.