



MANGO NUTRITION FACTS LABEL BY THE NUMBERS



**EXCELLENT
SOURCE OF
VITAMIN C**



**GOOD
SOURCE OF
FOLATE**



**GOOD
SOURCE OF
COPPER**



Nutrition Facts

Serving Size 3/4 cup pieces
(124g)

Amount per serving
Calories 70

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0g	0%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 0.2mg	2%
Potassium 208mg	4%
Vitamin A 67mcg RAE	8%
Vitamin C 45mg	50%
Vitamin E 1.11mg	8%
Vitamin K 5.2mcg	4%
Thiamin 0.035mg	2%
Riboflavin 0.047mg	4%
Niacin 0.828mg	6%
Vitamin B6 0.147mg	8%
Folate 53mcg	15%
Vitamin B12 0mcg	0%
Phosphorus 17mg	2%
Magnesium 12mg	2%
Zinc 0.11mg	2%
Copper 0.137 mg	15%
Manganese 0.078 mg	4%
Selenium 0.7 mcg	2%
Pantothenic Acid 0.244 mg	4%
Choline 9.4 mg	2%

*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.

Source:
U.S. Department of Agriculture, Agricultural Research Service. 2016. USDA National Nutrient Database for Standard Reference, Release 28. USDA #09176 Mangos, raw.

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