

# Mangos, raw

**Refuse:** 31% (Seeds and skin)

**Scientific Name:** *Mangifera indica*

**NDB No:** 09176 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
<b>Proximates</b>				
Water	g	81.71	108	0.323
Energy	kcal	65	0	0
Energy	kJ	272	0	0
Protein	g	0.51	79	0.025
Total lipid (fat)	g	0.27	47	0.039
Ash	g	0.50	66	0.033
Carbohydrate, by difference	g	17.00	0	0
Fiber, total dietary	g	1.8	0	0
Sugars, total	g	14.80	0	0
<b>Minerals</b>				
Calcium, Ca	mg	10	27	0.85
Iron, Fe	mg	0.13	21	0.021
Magnesium, Mg	mg	9	20	0.58
Phosphorus, P	mg	11	41	0.746
Potassium, K	mg	156	24	8.441
Sodium, Na	mg	2	24	0.624
Zinc, Zn	mg	0.04	1	0
Copper, Cu	mg	0.110	17	0.009
Manganese, Mn	mg	0.027	17	0.002
Selenium, Se	mcg	0.6	0	0
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	27.7	162	1.749
Thiamin	mg	0.058	35	0.005
Riboflavin	mg	0.057	36	0.004
Niacin	mg	0.584	36	0.07
Pantothenic acid	mg	0.160	0	0
Vitamin B-6	mg	0.134	1	0

Folate, total	mcg	14	0	0
Folic acid	mcg	0	0	0
Folate, food	mcg	14	0	0
Folate, DFE	mcg_DFE	14	0	0
Choline, total	mg	7.6	0	0
Vitamin B-12	mcg	0.00	0	0
Vitamin B-12, added	mcg	0.00	0	0
Vitamin A, RAE	mcg_RAE	38	0	0
Retinol	mcg	0	0	0
Carotene, beta	mcg	445	8	50
Carotene, alpha	mcg	17	4	0
Cryptoxanthin, beta	mcg	11	4	0
Vitamin A, IU	IU	765	0	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	1.12	0	0
Vitamin E, added	mg	0.00	0	0
Vitamin K (phylloquinone)	mcg	4.2	0	0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.066	0	0
4:0	g	0.000	0	0
6:0	g	0.000	0	0
8:0	g	0.000	0	0
10:0	g	0.000	0	0
12:0	g	0.001	15	0
14:0	g	0.009	19	0
16:0	g	0.052	19	0
18:0	g	0.003	19	0
Fatty acids, total monounsaturated	g	0.101	0	0
16:1 undifferentiated	g	0.048	19	0
18:1 undifferentiated	g	0.054	19	0
20:1	g	0.000	0	0
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	0.051	0	0
18:2 undifferentiated	g	0.014	19	0
18:3 undifferentiated	g	0.037	19	0
18:4	g	0.000	0	0

20:4 undifferentiated	g	0.000	0	0
20:5 n-3	g	0.000	0	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	0	0
Cholesterol	mg	0	0	0
<b>Amino acids</b>				
Tryptophan	g	0.008	11	0
Threonine	g	0.019	2	0
Isoleucine	g	0.018	2	0
Leucine	g	0.031	2	0
Lysine	g	0.041	13	0
Methionine	g	0.005	13	0
Phenylalanine	g	0.017	2	0
Tyrosine	g	0.010	2	0
Valine	g	0.026	2	0
Arginine	g	0.019	2	0
Histidine	g	0.012	2	0
Alanine	g	0.051	2	0
Aspartic acid	g	0.042	2	0
Glutamic acid	g	0.060	2	0
Glycine	g	0.021	2	0
Proline	g	0.018	2	0
Serine	g	0.022	2	0
<b>Other</b>				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0

USDA National Nutrient Database for Standard Reference, Release 21 (2008)