



Juice Concentrates, Purees & Essences Since 1974

Nutritional Information

**MANGO PUREE (ALPHONSO) 1 STRENGTH**

NUTRIENT	UNIT	AMOUNT PER 100 GRAMS	ANALYSIS/ CALCULATION	METHOD/ COMMENTS
<b>PROXIMATES</b>				
Water	g	81.86	Calculation and Analysis	USDA Database and Manufacturer Data
Energy	kcal	65.00	"	"
Protein	g	0.51	"	"
Total lipid (fat)	g	0.27	"	"
Carbohydrate, by difference	g	17.00	"	"
Fiber, total dietary	g	1.80	"	"
Sugars, total	g	14.80	"	"
Sugars, added	g	0.00	"	"
<b>MINERALS</b>				
Calcium, Ca	mg	10.00	"	"
Iron, Fe	mg	0.13	"	"
Potassium, K	mg	156.00	"	"
Sodium, Na	mg	1.00	"	"
<b>VITAMINS</b>				
Vitamin A equivalent	µg	38	"	"
Vitamin C, total ascorbic acid	mg	27.7	"	"
Vitamin D (D2 + D3)	µg	0.00	"	"
Vitamin D	IU	0.00	"	"
<b>LIPIDS</b>				
Fatty acids, total saturated	g	0.09	"	"
Fatty acids, total trans	g	Trace	"	"
Cholesterol	mg	0.00	"	"
<b>OTHER</b>				
Caffeine	mg	0.00	"	"
Ash	g	0.36	"	"



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*For informational purposes only  
Greenwood Associates Inc. cannot guarantee the specific accuracy of the data  
herein.*

