



Juice Concentrates, Purees & Essences Since 1974

Nutritional Information

**MANGO PUREE CONCENTRATE 28 BRX**

NUTRIENT	UNIT	AMOUNT PER 100 GRAMS	ANALYSIS/CALCULATION	METHOD/COMMENTS
<b>PROXIMATES</b>				
Water	g	62.12	Calculation	USDA National Nutrition Database
Energy	kcal	152.60	"	"
Protein	g	1.88	"	"
Total lipid (fat)	g	0.87	"	"
Carbohydrate, by difference	g	34.31	"	"
Fiber, total dietary	g	3.02	"	"
Sugars, total	g	31.29	"	"
Sugars, added	g	0.00	"	"
<b>MINERALS</b>				
Calcium, Ca	mg	25.2	"	"
Iron, Fe	mg	0.37	"	"
Potassium, K	mg	384.82	"	"
Sodium, Na	mg	2.29	"	"
<b>VITAMINS</b>				
Vitamin A, RAE	µg	123.69	"	"
Vitamin A, IU	IU	2478.44	"	"
Vitamin C, total ascorbic acid	mg	83.38	"	"
Vitamin D (D2 + D3)	µg	0.00	"	"
Vitamin D	IU	0.00	"	"
<b>LIPIDS</b>				
Fatty acids, total saturated	g	0.03	"	"
Fatty acids, total monounsaturated	g	0.05	"	"
Fatty acids, total polyunsaturated	g	0.32	"	"
Fatty acids, total trans	g	0.00	"	"
Cholesterol	mg	0.00	"	"



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OTHER				
Caffeine	mg	0.00	"	"
Ash	g	0.82	"	"

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

