

Full Report (All Nutrients) 09176, Mangos, raw [a](#)

Report Date: February 17, 2015 16:56 EST

Nutrient values and weights are for edible portion

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 **Fat Factor:** 8.37 **Protein Factor:** 3.36 **Nitrogen to Protein Conversion Factor:** 6.25

Refuse: 29% **Refuse Description:** Seeds and skin

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup pieces 165g	1 fruit without refuse 336g
Proximates						
Water 1 2 3 7 8	g	83.46	299	0.478	137.71	280.43
Energy	kcal	60	--	--	99	202
Energy	kJ	250	--	--	412	840
Protein 1 2	g	0.82	7	0.153	1.35	2.76
Total lipid (fat) 1 2	g	0.38	7	0.051	0.63	1.28
Ash 1 2	g	0.36	7	0.030	0.59	1.21
Carbohydrate, by difference	g	14.98	--	--	24.72	50.33
Fiber, total dietary 1 2 3 7	g	1.6	9	0.141	2.6	5.4
Sugars, total	g	13.66	--	--	22.54	45.90
Sucrose 2 3	g	6.97	4	1.299	11.50	23.42
Glucose (dextrose) 2 3	g	2.01	4	1.353	3.32	6.75
Fructose 2 3	g	4.68	4	0.875	7.72	15.72
Lactose 2	g	0.00	3	0.000	0.00	0.00
Maltose 2 3	g	0.00	4	0.000	0.00	0.00
Galactose 2	g	0.00	3	0.000	0.00	0.00
Minerals						
Calcium, Ca 1 2 4	mg	11	8	0.675	18	37
Iron, Fe 1 2 4	mg	0.16	8	0.046	0.26	0.54
Magnesium, Mg 1 2 4	mg	10	8	0.544	16	34
Phosphorus, P 1 2	mg	14	7	1.079	23	47

Nutrient	Unit	1			1 cup pieces 165g	1 fruit without refuse 336g
		Value Per100 g	Data points	Std. Error		
Potassium, K 1 2 4	mg	168	8	0.974	277	564
Sodium, Na 1 2 4	mg	1	8	0.489	2	3
Zinc, Zn 1 2 4	mg	0.09	8	0.019	0.15	0.30
Copper, Cu 1 2 4	mg	0.111	8	0.052	0.183	0.373
Manganese, Mn 1 2 4	mg	0.063	8	0.010	0.104	0.212
Selenium, Se	µg	0.6	--	--	1.0	2.0
Vitamins						
Vitamin C, total ascorbic acid 1 2 7 8 9	mg	36.4	302	14.252	60.1	122.3
Thiamin 1 2	mg	0.028	7	0.002	0.046	0.094
Riboflavin 1 2	mg	0.038	7	0.008	0.063	0.128
Niacin 1 2	mg	0.669	7	0.308	1.104	2.248
Pantothenic acid 1 2	mg	0.197	7	0.026	0.325	0.662
Vitamin B-6 1 2	mg	0.119	7	0.001	0.196	0.400
Folate, total b 1 2	µg	43	6	17.120	71	144
Folic acid	µg	0	--	--	0	0
Folate, food 1 2	µg	43	6	17.120	71	144
Folate, DFE	µg	43	--	--	71	144
Choline, total	mg	7.6	--	--	12.5	25.5
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	54	--	--	89	181
Retinol	µg	0	--	--	0	0
Carotene, beta 1 2 5 8	µg	640	298	193.217	1056	2150
Carotene, alpha 1 2 5	µg	9	8	3.630	15	30
Cryptoxanthin, beta 1 2 5	µg	10	8	7.117	16	34
Vitamin A, IU	IU	1082	--	--	1785	3636
Lycopene 2	µg	3	3	1.629	5	10
Lutein + zeaxanthin 2 5	µg	23	4	17.430	38	77
Vitamin E (alpha-tocopherol) 2 6	mg	0.90	3	0.113	1.48	3.02
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta 2 6	mg	0.01	3	0.005	0.02	0.03
Tocopherol, gamma 2 6	mg	0.01	3	0.006	0.02	0.03

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Tocopherol, delta 2.6	mg	0.00	3	0.000	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	4.2	--	--	6.9	14.1
Lipids						
Fatty acids, total saturated	g	0.092	--	--	0.152	0.309
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.001	15	--	0.002	0.003
14:0	g	0.013	19	--	0.021	0.044
16:0	g	0.072	19	--	0.119	0.242
18:0	g	0.004	19	--	0.007	0.013
Fatty acids, total monounsaturated	g	0.140	--	--	0.231	0.470
16:1 undifferentiated	g	0.067	19	--	0.111	0.225
18:1 undifferentiated	g	0.075	19	--	0.124	0.252
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.071	--	--	0.117	0.239
18:2 undifferentiated	g	0.019	19	--	0.031	0.064
18:3 undifferentiated	g	0.051	19	--	0.084	0.171
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.013	--	--	0.021	0.044
Threonine	g	0.031	--	--	0.051	0.104
Isoleucine	g	0.029	--	--	0.048	0.097
Leucine	g	0.050	--	--	0.082	0.168

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Lysine	g	0.066	--	--	0.109	0.222
Methionine	g	0.008	--	--	0.013	0.027
Phenylalanine	g	0.027	--	--	0.045	0.091
Tyrosine	g	0.016	--	--	0.026	0.054
Valine	g	0.042	--	--	0.069	0.141
Arginine	g	0.031	--	--	0.051	0.104
Histidine	g	0.019	--	--	0.031	0.064
Alanine	g	0.082	--	--	0.135	0.276
Aspartic acid	g	0.068	--	--	0.112	0.228
Glutamic acid	g	0.096	--	--	0.158	0.323
Glycine	g	0.034	--	--	0.056	0.114
Proline	g	0.029	--	--	0.048	0.097
Serine	g	0.035	--	--	0.058	0.118
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Anthocyanidins						
Delphinidin 10 16	mg	0.0	1	--	0.0	0.0
Pelargonidin 10 16	mg	0.0	1	--	0.0	0.0
Cyanidin 16	mg	0.1	1	--	0.2	0.3
Flavan-3-ols						
(+)-Catechin 11	mg	1.7	4	0	2.8	5.8
(-)-Epigallocatechin 11	mg	0.0	4	0	0.0	0.0
(-)-Epicatechin 11	mg	0.0	4	0	0.0	0.0
(-)-Epicatechin 3-gallate 11	mg	0.0	4	0	0.0	0.0
(-)-Epigallocatechin 3-gallate 11	mg	0.0	4	0	0.0	0.0
(+)-Gallocatechin 11	mg	0.0	4	0	0.0	0.0
Flavones						
Apigenin 10 16	mg	0.0	2	--	0.0	0.0
Luteolin 10 16	mg	0.0	2	--	0.0	0.0
Flavonols						

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Kaempferol 10 12 16	mg	0.0	3	0.03	0.1	0.1
Myricetin 10 12 16	mg	0.1	3	0.03	0.1	0.2
Quercetin 10 12 16	mg	0.0	3	0	0.0	0.0
Isoflavones						
Daidzein 13 14	mg	0.0	2	--	0.0	0.0
Genistein 13 14	mg	0.0	2	--	0.0	0.0
Total isoflavones 13 14	mg	0.0	2	--	0.0	0.0
Proanthocyanidin						
Proanthocyanidin monomers 15	mg	2.3	1	--	3.8	7.7
Proanthocyanidin dimers 15	mg	1.8	1	--	3.0	6.0
Proanthocyanidin trimers 15	mg	1.4	1	--	2.3	4.7
Proanthocyanidin 4-6mers 15	mg	7.2	1	--	11.9	24.2
Proanthocyanidin 7-10mers 15	mg	0.0	1	--	0.0	0.0
Proanthocyanidin polymers (>10mers) 15	mg	0.0	1	--	0.0	0.0

Sources of Data

¹Nutrient Data Laboratory, ARS, *USDA Nutrient Analysis of Specialty Fruit Marketed in the United States*, 1987 Beltsville MD

²Nutrient Data Laboratory, ARS, *USDA National Food and Nutrient Analysis Program Wave 12i*, 2008 Beltsville MD

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Footnotes

^a Values based on analyses of Tommy Atkins, Keitt, Kent, and/or Haden cultivars.

^b Mean value contains data based on the analysis of 5-methyltetrahydrofolate plus total folate determined microbiologically.

Language(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1270 MANGO
- C0229 FRUIT, PEEL REMOVED, CORE, PIT OR SEED REMOVED
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION