

Mangoes

Serving Size

1 cup sliced, ripe mango (149 g)

Amount Per Serving

Calories **100**

	% Daily Value *
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 25 g	9%
Dietary Fiber 3 g	9%
Total Sugars 23 g	
Includes 0 g Added Sugars	0%
Protein 1 g	
Vitamin D 0 mcg	0%
Calcium 18 mg	2%
Iron 0.26 mg	2%
Potassium 280 mg	6%

*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.

Allergens:

Ingredients:
