

Mangoes

Serving Size

Amount Per Serving

Calories

100

% Daily Value *

Total Fat 0.5 g1%

Saturated Fat 0 g0%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 0 mg0%

Total Carbohydrate 25 g9%

Dietary Fiber 3 g9%

Total Sugars 23 g

Includes 0 g Added Sugars0%

Protein 1 g

Vitamin D 0 mcg0%

Calcium 18 mg2%

Iron 0.26 mg2%

Potassium 280 mg6%

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: