

Mango			
Average Values	per 100g	per 12g pack	% RI* per 12g pack
Energy (kJ)	1637	196	
Energy (kcal)	385	46	2%
Fat (g)	0.4	0.0	0%
of which saturates (g)	0.1	0.0	0%
Carbohydrate (g)	90.9	10.9	4%
of which sugars (g)	65.1	7.8	
Fibre (g)	7.9	0.9	3%
Protein (g)	4.5	0.5	1%
Salt (g)	0.0	0.0	0%

* Reference Intake for an average adult (8400kJ/2000kcal)