

Mangosteen

Average Values	per 100g	per pack	% RI* per pack
Energy (kJ)	1590	191	
Energy (kcal)	375	45	2%
Fat (g)	1.4	0.2	0%
of which saturates (g)	0.8	0.1	0%
Carbohydrate (g)	83.5	10.0	4%
of which sugars (g)	67.9	8.1	
Fibre (g)	8.3	1.0	3%
Protein (g)	3.0	0.4	1%
Salt (g)	0.0	0.0	0%

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