

Mango

Average Values	per 100g	per 25g pack
Energy (kJ)	1400	360
Energy (kcal)	340	85
Fat (g)	0.0	0.0
of which saturates (g)	<0.0	<0.0
Carbohydrate (g)	84.0	21.0
of which sugars (g)	59.0	14.0
Fibre (g)	6.0	<1.5
Protein (g)	2.0	0.5
Salt (g)	<0.1	<0.1

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