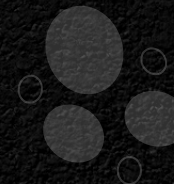


## MANGO

# INGREDIENTS



### Nutrients

Calories - 99, Dietary Fiber - 2.6 gm,  
Carbs - 24.7 gm

### Minerals

Folate, B6, Iron and a little Calcium,  
Zinc and Vitamin E

### Vitamins

Vitamin A and C

### Protein

1.4 gm

### Fats

0.6 gm

