



Nutritional Fact Sheet

Mango Dices

Ingredients: Freeze Dried Mango Dices.

Description & Directions: Unsweetened Mango Dices are ready to eat. 1 pound of freeze dried mango replaces 8 pounds of fresh.

Storage & Shelf-life: Store in original container in a cool, dry location, for 18 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	8g (app. 1/4 cup)
Energy (Calories)	341.17	27.2936
Total Fat	1.42g	0.1136g
Saturated Fat	0.35g	0.028g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	10.5mg	0.84mg
Total Carbohydrates	89.23g	7.1384g
Dietary Fiber	9.45g	0.756g
Sugars	77.68g	6.2144g
Protein	2.68g	0.2144g
Vitamin A (IU)	20438.71	1635.0968
Thaimin-B1	0.3mg	0.024mg
Riboflavin	0.3mg	0.024mg
Niacin	3.07mg	0.2456mg
Vitamin B-6	0.7mg	0.056mg
Vitamin C	145.39mg	11.6312mg
Calcium	52.49mg	4.1992mg
Iron	0.68mg	0.0544mg
Phosphorus	57.74mg	4.6192mg
Potassium	818.81mg	65.5048mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

Mailing Address: PO Box 439, Winterville, NC 28590

Service Dept. (252) 353-2008 / Ordering (800) 696-1395 / Fax (252) 353-2009

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