



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
Calories	374.00 kcal
Protein	2.25 g
Total Carbohydrate	89.80 g
Sugars	62.90 g
Added Sugars	0.00 g
Dietary Fiber	7.19 g
Total Fat	0.71 g
Saturated Fat	0.22 g
Cholesterol	1.00 mg
Vitamin C	56.90 mg
Vitamin D	0.00 mcg
Calcium	34.40 mg
Iron	0.80 mg
Potassium	1020.00 mg
Sodium	20.00 mg
Trans Fat	0.00 g