



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	27.29
Total Fat	1.42g	0.11g
Saturated Fat	0.35g	0.03g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	10.50mg	0.84mg
Total Carbohydrates	89.23g	7.14g
Dietary Fiber	9.45g	0.76g
Sugars	77.68g	6.21g
Protein	2.68g	0.21g
Vitamin A (IU)	20438.71	1635.10
Thaimin-B1	0.30mg	0.02mg
Riboflavin	0.30mg	0.02mg
Niacin	3.07mg	0.25mg
Vitamin B-6	0.70mg	0.06mg
Vitamin C	145.39mg	11.63mg
Calcium	52.49mg	4.20mg
Iron	0.68mg	0.05mg
Phosphorus	57.74mg	4.62mg
Potassium	818.81mg	65.50mg

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