

IQF ALPHANSO MANGO CHUNKS

NUTRITIONAL INFORMATION/100G SERVING

AVERAGE NUTRITIONAL FACTS (AS PER FDA REGULATIONS)

Serving Size : 100 g. Serving : About 9

	Fat Calories 8.3 *% Daily Value		
Calories 97 K Cal		Calories (K. cal.)	2,000
Total Fat 0.7 g	1.08	Total Fat	<65 g.
Saturated Fat 0.g	0	Saturated Fat	<20 g.
Cholesterol 0 mg	0	Cholesterol	<300 g.
Sodium 7.06	0.29	Sodium	<2,400 mg.
Total Carbohydrates 21.5 g	7.17	Total Carbohydrate	300 mg.
Dietary Fibre 2.67 g	10.68	Dietary Fibre	25 g.
Protein 1.2 g	2.4	Protein	50 g.
Total Sugars as reducing	18.7	Vitamin A	5,000 I.U.
Sugars % by Wt		Vitamin C	60 mg.
Vitamin A 93.54%	Calcium 0.41	Calcium	1,000 mg.
(100% as B Caroten)		Iron	18 mg.
Vitamin C 21.83 %	Iron 1.33 %		

