

Summary of mango nutrition:

Nutritional value

100 grams of African mango fruit (including both the pulp and the peel) contains the following nutrients:

- **Calories:** 86
- **Protein:** 1 gram
- **Carbs:** 18 grams
- **Fat:** 0.4 grams
- **Vitamin C:** 62% of the Daily Value (DV)

Table 1

Nutritional and functional phytochemical composition of mango pulp, peel, and seed kernel.

Compound (Per 100 g)	Pulp	Peel	Seed Kernel
Water (g)	83.46	72.5	9.1
Energy (kcal)	60		327
Carbohydrate, by difference (g)	14.98	28.2	18.2
Protein (g)	0.82	3.6	6.61
Total lipid (fat) (g)	0.38	2.2	9.4
Sugars, total (g)		25	70
Total dietary fiber (g)	1.6	40–72.5	2.8
Minerals (mg)			
Calcium (Ca)	11	150	450
Iron (Fe)	0.16	40.6	11.9
Magnesium (Mg)	10	100	100
Phosphorus (P)	14	-	140
Potassium (K)	168	75	365
Sodium (Na)	1	50	150
Zinc (Zn)	0.09	1.74	1.1
Copper (Cu)	0.04–0.32	10.4	-
Selenium (Se)	0–0.6	-	-
Vitamins			

Compound (Per 100 g)	Pulp	Peel	Seed Kernel
Vitamin C (total ascorbic acid, mg)	36.4	18–257	17
Thiamin (mg)	0.028		0.08
Riboflavin (mg)	0.038		0.13
Niacin (mg)	0.669		0.19
Pantothenic acid (mg)	0.119		0.12
Folate, dietary folate equivalents (µg)	43		-
Vitamin A, retinol activity equivalents (µg)	54	100	-
Vitamin E (α-tocopherol, mg)	0.9	0.25– 0.59	1.3
Vitamin A (IU)	1082	-	15
Vitamin K (phylloquinone, µg)	4.2		59
Vitamin B12			0.12
Flavonoids (catechin equivalent/100 g)	0.9– 9.2	19.91– 75.35	
Anthocyanins		360–565	
Cyaniding		22.1	
Pelargonidins		22.73	
Delphinidins		18.02	
Malvidins		5.26	
Petunidins		21.6	
Peonidins		24.42	
Carotenoids (µg)		3092	
β-carotene	640	1310	
α-carotene	9		
β-cryptoxanthin	10	600	
Lycopene	3		
Lutein and zeaxanthin	23	299	