

Nutritive value of fruits and vegetables

Nutritive value of raw mango (per 100g)



Principle	Nutrient value	% of RDA
Energy	70 kcal	3.5
Carbohydrates	17 g	13
Dietary fiber	1.8 g	4.5
Fat	0.27 g	1
Protein	0.51 g	1
Vitamin A	765 IU	25.5
Vitamin C	27.7mg	46
Calcium	10 mg	1
Iron	0.13 mg	1.5
Magnesium	9 mg	2
Potassium	156 mg	3

Source: USDA National Nutrient Database)

Nutritive Value Of Foods

Arturo Cuomo



Nutritive Value Of Foods:

Embracing the Melody of Phrase: An Psychological Symphony within **Nutritive Value Of Foods**

In a global consumed by displays and the ceaseless chatter of immediate connection, the melodic elegance and emotional symphony produced by the published word often diminish in to the backdrop, eclipsed by the constant noise and disturbances that permeate our lives. But, set within the pages of **Nutritive Value Of Foods** a marvelous literary prize filled with natural emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that charming masterpiece conducts visitors on an emotional journey, skillfully unraveling the concealed songs and profound impact resonating within each carefully constructed phrase. Within the depths of the touching assessment, we can explore the book is central harmonies, analyze their enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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