

Malanga



Purchasing Specifications

Availability:

Year round

Growing Regions:

Costa Rica, USA (Florida)

Receiving Information:

- Choose hard tubers with light-colored skins. Avoid moldy, soft, or shriveled product.

Storage/Handling:

- Ethylene Producer: Low
- Ethylene Sensitive: Low
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No
- Storing tips: Store malanga in a dry, well-ventilated area.

Troubleshooting:

- Water soaked or soft spots; accelerated decay: These are indications of chill injury.
- Decay: Malanga may show signs of decay if stored in a warm area with high humidity.

- Variety/Type Descriptions: Curved or club-shaped tuber with thin, shaggy brown skin and creamy, yellow or pinkish-colored flesh.
- Malanga flavor is nutty and potato-like.
- Must be peeled and cooked; may be used as a potato substitute.
- The most common variety is white or Malanga Blanca. A less common variety is pink (Malanga Lila) and yellow (Malanga Amarilla); based on flesh color.
- Malanga Coco flesh is white with purple fiber; the brown skin texture is thick and rough. The shape is oblong like a potato. Cracking is typically an indicator of mechanical damage, this is an accepted market condition.

Nutrition Facts

**Serving Size: 1 potato large (3" to 4-1/4" dia)
(369 grams)**

Amount Per Serving

Calories 280	Fat Calories
	% Daily Value*
Total Fat 0 g	
Sat Fat 0 g	0%
Trans Fat	
Cholesterol 0 mg	
Sodium 20 mg	1%
Total Carbohydrates 64g	23%
Dietary Fiber 8g	28%
Sugars 3g	
Protein 8g	
Potassium 1570mg	33%
Vitamin A	Vitamin C
Calcium 4%	Iron 15%

*Percent Daily Values are based on a 2,000-calorie diet.