



# Mango

## Purchasing Specifications

### Availability:

Year round

### Growing Regions:

Imports, USA

### Receiving Information:

- Choose mangos that are well-shaped and free of bruises or blemishes. Unripe mangos should be fairly firm.
- Ripe mangos should give to gently pressure; skin color should range from greenish-yellow to yellow with red blush, depending on specific variety.
- Avoid shriveled or discolored mangos or those with soft spots.

### Storage/Handling:

- Accelerated softening or ripening of fruit: Indication of ethylene exposure - keep unripe mangoes away from ethylene-producing produce and ripening rooms.

- Pitting or gray discoloration of skin; uneven ripening: Indication of chill injury which also results in poor flavor.
- Handle mangoes with care to avoid bruising or damaging the fruit; do not drop shipping containers on the floor.
- Ethylene Producer: Yes
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No

- Phytochemical: Beta-carotene.
- Scientific Name: *Mangifera indica*.
- Skin Texture: Smooth.
- Taste: Sweet flavor.
- Outside Color: Varies.
- Use: Mangoes can be eaten as a snack, as an addition to salads and salsas or cooked as a sweet addition to meat dishes.

## Nutrition Facts

**Serving Size: 1 cup sliced**

Amount Per Serving

|                          | Fat Calories   |
|--------------------------|----------------|
|                          | % Daily Value* |
| Calories 107             |                |
| Total Fat 0 g            |                |
| Sat Fat 0 g              | 0%             |
| Trans Fat                |                |
| Cholesterol 0 mg         |                |
| Sodium 3 mg              | 0%             |
| Total Carbohydrates 28 g | 22%            |
| Dietary Fiber 3 g        | 12%            |
| Sugars 24 g              |                |
| Protein 1 g              | 2%             |
| Potassium 257 mg         | 5%             |
| Vitamin A 0%             | Vitamin C 1%   |
| Calcium 1%               | Iron 0%        |

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