

MANGO



DIFFERENT USES

- Create mango salsa with mangos, red onions, jalapenos, cilantro, and lime juice.
- Puree a mango and drizzle over low-fat frozen yogurt for a sweet treat.
- Blend sliced mangos and orange juice, freeze in ice trays and enjoy!
- Mix mango pieces into pancake batter for a twist to your usual plain or blueberry pancakes.

Nutrition Facts

Serving Size 1/2 mango (104g)

Calories	70	% Daily Value
Total Fat	0.5g	1%
Sodium	0mg	0%
Total Carbohydrate	17g	6%
Dietary Fiber	1g	4%

Protein 0g

Health Benefits

- Excellent source of potassium which is useful in lowering blood pressure.
- Contains over 20 different vitamins and minerals.
- High in vitamin A which helps maintain healthy skin and plays an important role in bone growth.

FUN FACT

- Mangos are the most popular fruit in the world.
- The skin color of a mango depends on the variety, amount of exposure to the sun, and region in which it was grown— not necessarily ripeness.
- A single mango can grow as large as 3 pounds.
- Mangos originated from India where people believed the flesh of this fruit was sacred.
- A mango tree can grow as tall as 100 feet.

