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Mango



Nutrition Facts

Serving Size 165 g	
Amount Per Serving	
Calories 107	Calories from Fat 4
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 24g	
Protein 1g	
Vitamin A 25%	Vitamin C 76%
Calcium 2%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

Serving size = 1 cup

Healthy Serving Ideas

- One of the easiest ways to eat mango is to cut it like an avocado. Cut a slice beside the large seed in the middle. Then score the slice with a knife as you would an avocado half. Use a spoon to scope out the pieces, or you can turn it inside out (see picture.) Search online for videos showing the technique.
- Mango is considered a dessert fruit, so serve fresh pieces after supper.
- Mix diced mangos with other diced fruit (pineapple, pear, coconut, etc.) add some water, or juice, and blend into a healthy smoothie.
- Serve a mango salsa or salad at a summer party!



Produce Tips

- In the store, squeeze the mango gently. A ripe mango will give slightly. (Color is not the best way to judge mango ripeness.)
- Keep unripe mangos at room temperature
- Once ripe, store mangos in the refrigerator.

Benefits of Eating Mango

- One cup of mangos is just 100 calories, and each serving is fat free, sodium free and cholesterol free.
- Mangos contain over 20 different vitamins and minerals, helping to make them a superfood. In India, they are considered the “King of Fruit.”
- 1 cup of mango provides...
 - 100% of your daily **vitamin C** requirements, which supports a healthy immune system (preventing illness and healing cuts)
 - 35% of your daily **vitamin A** requirements, which promotes healthy eyes
 - 20% of your daily **folate** requirement, which supports healthy blood
 - 12% of your daily **fiber** requirement, which keeps digestion healthy





Mango Recipes

Cinco de Mango Salsa

3 large mangos, peeled, pitted and diced
1/3 cup diced red onion
2 tablespoons fresh cilantro (optional)
1 medium jalapeno pepper, stemmed, seeded and minced (optional)
2/3 cup diced red bell pepper
2 tablespoons fresh lime juice

Combine all ingredients in a serving bowl. Serve with whole wheat chips or crackers.

Mango Coconut Rice

1 tablespoon olive oil
1 (14-ounce) can unsweetened coconut milk
1 teaspoon salt
1 1/2 cups long-grain rice
2/3 cup water
1 large mango, peeled and cubed

In a large saucepan, heat the oil over medium-high heat. Add the rice and stir to coat with the oil. Add the coconut milk, water, and salt; bring to a boil. Stir in the mango. Cover, reduce heat to low, and simmer about 20 minutes, or until the liquid is absorbed. Remove from the heat and fluff the rice with a fork. Serve as a side-dish or with stir-fry.

Mango Sorbet

2 citrus fruits (Valencia orange, lemon, lime)
4 mangoes, chopped

Juice the citrus fruits and then puree the mango and citrus fruit juice until smooth. Pour into a container and freeze for about 4-6 hours. Stir with a spoon every other hour so it doesn't get too solid. Once desired consistency is reached, remove from freezer and use an ice cream scoop to portion out into bowls.

Mango Roll-ups

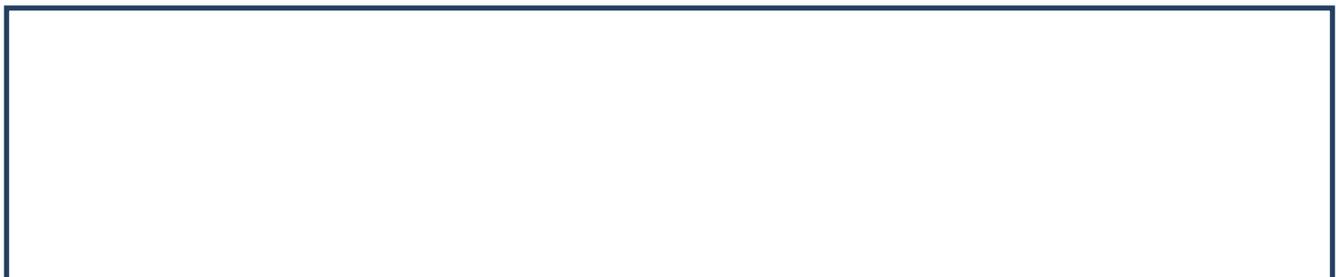
1/3 cup low-fat cream cheese
1 medium ripe mango, peeled, pitted and cut into 1/2-inch thick strips
2 kiwifruit, peeled and cut into 8 wedges
2 tablespoons honey
2 whole wheat tortillas
1/4 teaspoon cinnamon

Spread cream cheese over tortillas and place mango and kiwi over 2/3 of the surface. Stir together honey and cinnamon and drizzle over top. Roll up and squeeze, securing the ingredients, then cut into 1/2-inch thick slices.

Mango, Cucumber, and Avocado Salad

1 cup mango, chopped
1 cup avocado, chopped
1 cup cucumber, chopped
1/2 T jalapeño (optional)

Combine all ingredients in a serving bowl. Serve as summer side-salad.



Add mangos to the top of pancakes, waffles or French toast, for a healthy breakfast boost!