

MANGO CHUNKS



The mango is symbol of friendship all over the world. Who's a friend you'd like to share your mangos with?

PRODUCE PARTICULARS

These tropical fruits are related to cashews and pistachios.

Each day, more mangoes are eaten in the world than any other fruit!

Mango is low in calories yet high in nutrients – particularly Vitamin C, which aids immunity, iron absorption, and cell growth and repair.



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	60
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	6%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 170mg	4%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Mangos, Raw

FRESHEALTH