

MANGO & PAPAYA



Papayas and mangos both thrive in tropical climates - like Mexico and India. What other countries have tropical climates?

PRODUCE PARTICULARS

Mangoes can be many different sizes and colours, including yellow, orange, red and green.

Papaya is technically a berry! they are packed with fiber, copper, magnesium, potassium, and calcium - important nutrients that help keep you and your bones strong!



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 50

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	6%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.2mg	2%
Potassium 180mg	4%

* 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Mangos, Raw, Papayas, Raw