

# MANGO

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**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

## CHARACTERISTICS

- Mangos are in the stone fruit family like peaches, cherries and coconut.
- The most popular varieties of mango in the United States are smaller yellow mangoes and larger red mangoes.
- Choose mangoes without bruises. Ripe mangoes will be slightly soft. The color of mangoes does not indicate their ripeness.
- 1 cup of sliced mango contains:
  - 76% of your recommended daily value of vitamin C to help heal wounds and to keep teeth and gums healthy.
  - 25% of your recommended daily value of vitamin A to keep eyes and skin healthy and to protect the body against infections.



## PREPARE

Mangoes contain an inedible pit. The skin is edible but quite fibrous.

To cut:

1. Place stem side up and cut down either side of the pit. Make shallow cuts in yellow flesh to form cubes.
2. Flip mango peel inside out, and cut cubes away from peel.

Try mango:

- *Blended* into a smoothie
- *Incorporated* into a fresh salsa
- *Diced* and added to your favorite salad
- *Stir-fried* with your favorite vegetables

## STORE

- Store at room temperature until ripe, usually 2-5 days.
- Once ripe, store in the refrigerator for 5-7 days.
- To freeze: Wash, peel and slice mangoes. Place in a single layer on a baking sheet and freeze. Once frozen, transfer to a plastic bag or container. Freeze for up to 1 year.