

Harvest of the Month

Mango

Calories
107

Total Fat
0g

1
cup

Sodium
3mg

Sugars
24g

FUN FACTS:

Mangoes are sweet and juicy. They were first found growing in India over 4000 years ago.

Due to their health benefits, mangoes are the 'King of Fruits'. One serving provides 100% of your daily Vitamin C!

Throughout the world more mangoes are eaten every day than any other fruit.

Giving a basket of mangoes is considered a gesture of friendship.

This institution is an equal opportunity provider.

