

Mango

Look: Mangos can vary in size and shape from long and slender to kidney-shaped or even round. Their skin is multi-colored with blends of red, yellow, and green. The flesh is a vibrant yellow to orange.

Taste: Mangos have a sweet, tangy flavor. The skin can be eaten but is tough and has a bitter taste.

Touch: Mangos have a leathery, smooth skin that can be irritating to some people. The flesh is aromatic and juicy with a texture similar to a peach.

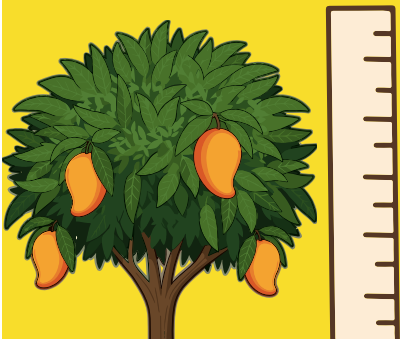


Mangos are the most popular fruit eaten world wide and are known as the "king of fruits"!



Did you know?

The mango tree can grow as tall as 100 feet!



Health Benefits

One cup of mango provides 100% of the daily recommended value of vitamin C!

Mangos have high fiber content and great digestive benefits, and are often referred to as a "bathroom fruit".