Geography/History

**Mangoes** have been thriving in tropical and subtropical climates. Originating in Southeast Asia, the mango tree is an evergreen that can reach sixty feet in height. Taking four to six years to fruit, the weather has to be hot and dry in order for the trees to produce quality mangoes. In the American marketplace, mangoes are imported from South America, Mexico, Haiti and the Caribbean Islands.

<table>
<thead>
<tr>
<th>Principle</th>
<th>Nutrient Value</th>
<th>Percentage of RDA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>70 Kcal</td>
<td>3.5%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>17 g</td>
<td>13%</td>
</tr>
<tr>
<td>Protein</td>
<td>0.5 g</td>
<td>1%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.27 g</td>
<td>1%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1.80 g</td>
<td>4.5%</td>
</tr>
</tbody>
</table>

**Vitamins**

- Folates: 14 µg (3.5%)
- Niacin: 0.584 mg (3.5%)
- Pantothenic acid: 0.160 mg (1%)
- Pyridoxine (vit B-6): 0.134 mg (10%)
- Riboflavin: 0.057 mg (4%)
- Thiamin: 0.058 mg (5%)
- Vitamin C: 27.7 mg (46%)
- Vitamin A: 765 IU (25.5%)
- Vitamin E: 1.12 mg (7.5%)
- Vitamin K: 4.2 µg (3.5%)

**Electrolytes**

- Sodium: 2 mg (0%)
- Potassium: 156 mg (3%)

**Minerals**

- Calcium: 10 mg (1%)
- Copper: 0.110 mg (12%)
- Iron: 0.13 mg (1.5%)
- Magnesium: 9 mg (2%)
- Manganese: 0.027 mg (1%)
- Zinc: 0.04 mg (0%)

**Phyto-nutrients**

- Carotene-β: 445 µg
- Carotene-α: 17 µg
- Crypto-xanthin-β: 11 µg
- Lutein-zeaxanthin: 0 µg

Description/Taste

**Mangoes**, also spelled mangos, vary from long and narrow to almost round. The skin of this tropical fruit may be yellow to reddish-orange or green. Measuring 2-10 inches in length, this fruit can weigh up to four pounds. Mangoes generally have a slight ridge on one side and a pronounced "beak" at one end. The large pit in the center has attached fibers that most often extend into the pulp. Highly aromatic, the flavor of the is sweet and the ripe pulp is very juicy.