



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.



See the table below for in depth analysis of nutrients:
Mango fruit (*Mangifera indica*), fresh,
Nutrition Value per 100 g

Principle	Nutrient Value	Percentage of RDA
Energy	70 Kcal	3.5%
Carbohydrates	17 g	13%
Protein	0.5 g	1%
Total Fat	0.27 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	1.80 g	4.5%
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	--
Lycopene	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.

