



Mango

Fruit - Drupe

Food Facts

Serving Size ≈ 3/4 cup sliced

- **DRUPES (there it is)** - This type of fruit is high in antioxidants that help keep your immune system strong to prevent and fight various diseases.
- **STORAGE** - Place in the fridge whole and store for up to 5 days once cut.
- **NUTRITIOUS** - Excellent source of folate, B vitamins, and vitamins A, C, K, and E.



How to Use

- **Smoothies** - Add these fruits into a smoothie to make the mixture more creamy and give it a tropical flavor.
- **Whole** - Eat the fruit whole with your breakfast, lunch, or for a snack especially if you're craving something sweet.
- **Dip** - Incorporate mango into dips or salsa to give a normal dip or salsa a sweeter flavor.

Pear Mango Salsa

Serves: 6

Ingredients

- **2 Pears** cut into small chunks
- **1/2 Mango** cut into small pieces
- **1/3 cup** Yellow Bell Pepper finely chopped
- **1/3 cup** Red Bell Pepper finely chopped
- **1/4 cup** Red Onion finely chopped
- **3 tbsp** Cilantro fresh and finely chopped
- **2 tsp** Vegetable Oil
- (Optional) Lime Juice & Salt to taste



Nutrition Facts

Serving Size 0.50 cup

Serving Per Container 6

Amount Per Serving

Calories 65

% Daily Value*

Total Fat 2 g 3%

Sodium 100 mg 4%

Total Carbohydrate 13 g 5%

Dietary Fiber 3 g 11%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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Instructions

1. Mix all ingredients in a bowl and refrigerate in a covered container for at least 30 minutes or up to 3 hours before serving.
2. Serve with tortilla chips, quesadillas, or grilled/roasted meats or fish.