

# Mangoes

## Key Points

- For the best buy, choose mangoes that smell fruity at the stem and give slightly when gently squeezed.
- To prepare mangoes, rinse and cut the fruit away from the pit.
- To keep them fresh, store unripe mangoes at room temperature up to 1 week. Store ripe mangoes in the refrigerator for up to 5 days.
- Mangoes contain vitamin C, which is good for fighting colds and healing cuts.



## How to cut a mango into cubes

Directions:

1. Slice the mango lengthwise cutting just above and around the pit. Repeat the same step with the other side.



2. Place the fruit halves skin-side down and cut the flesh in a criss-cross pattern. Do not cut all the way through the skin.



3. Bend the peels back and pick and eat the cubes from the skin.



## Mango Salsa

### Ingredients:

1 mango, chopped small  
1/2 cup red onion, chopped small  
1/2 chopped cucumber (peeled and seeds removed)  
2 tablespoons cilantro  
1/4 cup lime juice  
Salt and pepper to taste

### Directions:

1. Place mango, red onion, cucumber, cilantro, and lime juice into a medium bowl.
2. Mix until well blended. Season with salt and pepper.
3. Serve with baked chips. Enjoy!
4. Refrigerate leftovers.

**Makes 6 servings.**

## Mango Roll Ups

### Ingredients:

2 flour tortillas  
1/3 cup low fat cream cheese  
1 mango, cut into strips  
1 banana, cut into 4 long strips  
2 tablespoons honey  
1/4 teaspoon cinnamon

### Directions:

1. Spread cream cheese over the tortillas.
2. Place half of the mango strips and 2 banana wedges on each tortilla.
3. In a small bowl, stir together the honey and cinnamon.
4. Drizzle the honey mixture over each tortilla.
5. Roll the tortillas up. Gently squeeze them to make sure the fruit sticks to the cream cheese.
6. Cut in half to serve. Enjoy!
7. Refrigerate leftovers.

**Makes 4 servings.**



This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: [myBenefits.ny.gov](http://myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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## The Nutrition Facts Label—What does it tell us?

### Recipe name: Mango Salsa

Amount/Serving	
Calories 32	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Added Sugars 0g	
Protein 1g	
Vitamin A 1%	Vitamin C 27%
Calcium 2%	Iron 0%

\*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

5% or less is **LOW**

20% or more is **HIGH**

## The Nutrition Facts Label—What does it tell us?

### Recipe name: Mango Roll Ups

<b>Nutrition Facts</b>			
Serving Size: 1/4 of recipe (128g)			
Servings Per Recipe: 4			
<u>Amount/Serving</u>			
Calories 19	Calories from Fat 40		
<u>% Daily Value*</u>			
<b>Total Fat</b> 4.5g			8%
Saturated Fat 2.5g			13%
Trans Fat 0g			
<b>Cholesterol</b> 10mg			4%
<b>Sodium</b> 135mg			6%
<b>Total Carbohydrate</b> 34g			11%
Dietary Fiber 2g			9%
Sugars 20g			
<b>Protein</b> 4g			
Vitamin A 10%		Vitamin C 30%	
Calcium 4%		Iron 6%	
*Percent (%) Daily Values are based on a 2,000 calorie diet.			

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