

Let's grow something special.

Mango



We at Southern Specialties are excited to share the most popular fruit in the world with you.

Our Tommy Atkins, Haden, and Kent mangos have the freshest taste... year round!

Mangos are loaded with nutrients and make a delicious snack at any time of day! Try mangos in your smoothies or desert, and you will be consuming 100% of your daily Vitamin C!

This super fruit also contains dietary fiber, Vitamin A, E, and B-6. Mangos also contain poluphenolic anti-oxidants, which protect against colon, breasts, and prostate cancers. In addition, the large amount of copper in Mangos helps reduce your chance of Leukemia by actively producing red blood cells.

Availability

Year Round

Packaging & Shipping

8-12 ct
7 ct

Storage & Handling

50-55° F

Our harvest begins in Brazil and we transition to Ecuador, Peru, Guatemala, and Mexico throughout the year.

Nutrition Facts	
Serving Size 1 cup, sliced (165g)	
Amount Per Serving	
Calories 107	Calories from Fat 4
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	1%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 24g	
Protein 1g	
Vitamin A 25%	Vitamin C 76%
Calcium 2%	Iron 1%

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

