

Our Mangos are harvested at peak ripeness and processed to specification!

We pack seasonally with year around availability providing a perfect solution for your Mango ingredient needs!



Mango Solutions

- The Tommy Atkins flavor is mild & sweet textured with firm flesh due to fibers throughout; available in May.
- The Haden Variety flavor is rich & aromatic textured with firm flesh due to fine fibers; available in May.
- The Kent Variety flavor is sweet& rich textured with juicy, tender flesh with limited fibers; available in June.
- The Keitt Variety flavor is sweet& fruity textured with firm, juicy flesh with limited fibers; available in August.
- Cuts available, 3/8" Dice, 3/4" to 1" Chunks, Halves and Wedges; Puree Straight Pack
- Sizes available, 2/5 lb, 1/30 lb, cases; 30 lb pails and 400 lb drums

Nutrition Facts

Serving Size 3/4 cup (140g)
Serving Per Container 3
Calories 90
Calories from fat 0

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

Amount Per Serving

	% Daily Value*	Vitamins A 20% • Vitamin C 60%	
Total Fat 0g	0%	Calcium 2%	Iron 2%
Saturated Fat 0g	0%	Calories: 2,000 2,500	
Trans Fat 0g		Total Fat	Less than 65g 80g
Cholesterol 0mg	0%	Saturated Fat	Less than 20g 25g
Sodium 0mg	0%	Cholesterol	Less than 300mg 300mg
Total Carbohydrate 24g	8%	Sodium	Less than 2,400mg 2,400mg
Dietary Fiber 3g	12%	Total Carbohydrate	300g 375g
Sugars 21g		Dietary Fiber	25g 30g
Protein less than 1g		Calories per gram:	
		Fat 9	Carbohydrate 4 • Protein 4



VAL-MEX
FROZEN FOODS

14607 San Pedro Ave. Suite 170 ■ San Antonio, TX 78232
210.404.9772 ■ www.val-mex.com