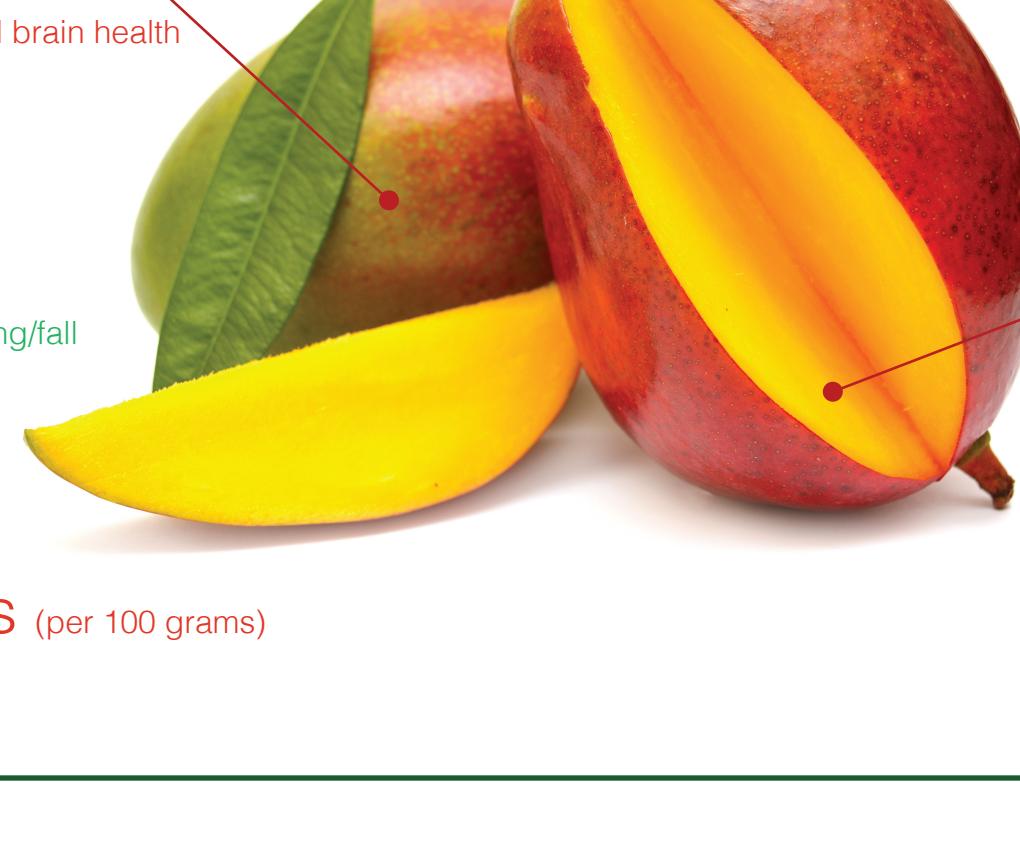


# MANGO

Magnifera indica

## Benefits

Prevents cancer  
Controls blood pressure  
Aids in weight loss  
Boosts immunity and brain health



## Description

A tropical fruit high in vitamin C. Mango fruits are important source of vitamin A. They have a smooth skin and have an oblong shape.

## Season

Mangoes have two seasons, one in spring/fall and the other in summer/winter.

60 calories (per 100 grams)

## Taste

Rich, luscious aromatic flavor and a delicious taste in which sweetness and acidity are delicately blended.

## HEALTH

### Nutritional Values (per 200g)



### Digestive Elements



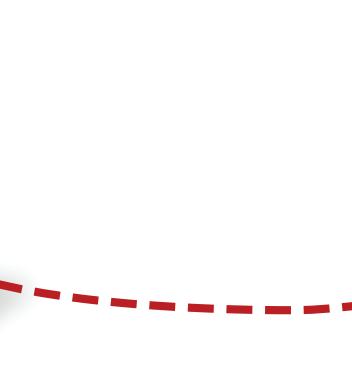
## GLOBAL PRODUCTION



## FUN FACTS



Legend says that Buddha meditated under the cool shade of a mango tree



The paisley pattern, developed in India is based on the shape of a mango



To speed up ripening place mangoes in a paper bag at room temperature



A mango tree can grow as tall as 100 feet, same as Marcus Aurelius column in Rome

## MANGO MACAROON



Total Time  
40m

### Ingredients

3 large egg whites  
1-1/2 cups almond meal  
Pinch of salt  
Few drops of lemon juice  
3 Tbs. granulated sugar  
1/4 cup passionfruit purée  
2 Tbs. mango purée

### Directions

1. Line a baking sheet with a silicone baking mat.

2. Beat egg whites in the bowl of a stand mixer until fluffy.

3. Spoon a small amount of batter into a plastic bag.

4. When batter is mixed enough to flatten immediately.

5. Preheat oven to 285 degrees F (140 degrees C).

6. Bake cookies until set but not browned, about 10 minutes.

## SI 320 MANGO INFOGRAPHIC

Austin Cai

Mango: <https://goo.gl/i9WLJl> Tower: <https://goo.gl/yWwxR2>

Buddha: <https://goo.gl/uqLdAv> Pillow: <https://goo.gl/5NufpQ>

Mango Macaroon: <https://goo.gl/HBj30W> Bag: <https://goo.gl/45CNHP>