

Nutrition Facts

15 servings per container

Serving size 1/2 Cup (18g) Dry
 (about 1/2 Cup prepared)

Amount per serving

Calories **70**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 16g **6%**

Dietary Fiber 1g **4%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

Protein 0g

Vitamin D 0mcg **0%**

Calcium 6mg **0%**

Iron 0mg **0%**

Potassium 46mg **0%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Enjoy as a snack right out of the can or rehydrate to add to your favorite fruit salad, smoothie, trail mix, cereal, yogurt, muffins, desserts and more.

TO REHYDRATE:

1. Remove oxygen absorber and discard.
2. Cover Freeze Dried Mango with warm water.
3. Let stand for 5 minutes, stirring occasionally.
4. Drain excess water and serve.

INGREDIENTS: Mango.

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