

THAI MANGO

The Most Delicious Variety — Nam Dok Mai



Premium IQF (Individual Quick Freeze) Thai Mango Fruits

THAI MANGO NAM DOK MAI

Country of origin: Thailand

Grade: Premium

Availability: All Year Round

PRODUCE

Each fruit is peeled and pitted, divided into two halves, frozen by Individual Quick Freezing (IQF). Ready to eat after thawing.

PACKAGE

Halved fruits peeled and pitted, 70 ~ 100g.

Vacuum seal bag — 500g ±3%, 6-8 pieces.

Package — Cardboard Box 10kg ± 3%. 20 packages

STORAGE

Shelf life — 24 months from the date of packaging at a temperature of -18C. Do not re-freeze after thawing and store in the refrigerator at a temperature of +2-5° C for no more than two days.

NUTRITION FACTS, 100g

Calories — 65 kcal

Fat — 0,3 g

Protein — 0,5 g

Carbohydrate — 17 g

The very same "Thai Mango" friends bring from Thailand.

Mango can reduce weight and normalize blood cholesterol. It is full of vitamins B (B1, B2, B5, B6, B9), vitamin A, C and D. Mango contains various minerals - zinc, manganese, iron and phosphorus. Mangoes contain substances that regulate the metabolic rate in the body, accelerate the excretion of fluids and are powerful antioxidants.

Also, mango is considered a natural antidepressant. Regular consumption of mangoes helps relieve nervous tension, improve mood and prevent the risk of depression.



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