

Mango Variety, Availability, Ripeness Levels & Nutrition



Year-round Mango Supply

- Six major mango varieties available in the U.S. grow in tropical climates from Mexico to South America help ensure a year-round supply.
- While generally interchangeable, each variety differs in flavor, texture, color and shape.

Variety	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Ataulfo												
Francis												
Haden												
Keitt												
Kent												
Tommy Atkins												



Ataulfo

- Flavor: Sweet and creamy
- Texture: Smooth, firm flesh; no fibers
- Color: Vibrant yellow
- Shape: Small; flattened oval
- Ripening Cues: Skin turns to a deep golden color, small wrinkles appear when fully ripe
- Primary Source Country: Mexico



Francis

- Flavor: Rich, spicy, sweet
- Texture: Soft, juicy flesh with fibers
- Color: Bright yellow skin with green overtones
- Shape: Oblong, sigmoid S-shape
- Ripening Cues: Green overtones diminish, yellow becomes more golden
- Primary Source Country: Haiti



Haden

- Flavor: Rich, aromatic
- Texture: Firm flesh; fine fibers
- Color: Bright red, green and yellow overtones, small white spots
- Shape: Medium to large; oval to round
- Ripening Cues: Green areas turn yellow
- Primary Source Country: Mexico



Keitt

- Flavor: Sweet, fruity
- Texture: Firm, juicy flesh; limited fibers
- Color: Dark to medium green, occasion small areas of pink blush
- Shape: Large, oval
- Ripening Cues: Remains green
- Primary Source Countries: Mexico, U.S



Kent

- Flavor: Sweet, rich
- Texture: Juicy, tender flesh; limited fibers
- Color: Dark green, often small areas of dark red blush
- Shape: Large, oval
- Ripening Cues: Yellow undertones or spots increase with ripeness
- Primary Source Countries: Mexico, Ecuador, Peru



Tommy Atkins

- Flavor: Mild, sweet
- Texture: Firm flesh; fibers throughout
- Color: Dark red blush often with green and yellow-orange accents
- Shape: Medium to large; oval or oblong
- Ripening Cues: Change not commonly seen
- Primary Source Countries: Mexico, Guatemala, Brazil, Ecuador, Peru



Mango Ripeness Spectrum

- Mango versatility includes use in menu applications at all points along the ripeness spectrum.

RIPENESS	FIRMNESS	TEXTURE	COLOR	TASTE/AROMA
Green	Firm	Crisp	Pale green to yellow	Tart/faint scent
Ripe	Slight give to light	Slightly soft, juicy	Yellow to orange	Sweet, slightly sour/delicate floral scent
Very Ripe	Soft	Soft, very juicy	Deep yellow to orange	Very sweet/ very aromatic

NOTE: Mangos harvested when mature are “green” and ripen off the tree.



Mango Nutrition

- Mango not only adds flavor and excitement to menus, it brings superfruit nutrition to the plate:
 - 100 calories per cup.
 - Over 20 different vitamins and minerals.
 - Excellent source of vitamins C and A and folate.
 - Good source of fiber, vitamin B6 and copper.



For More Information

www.mango.org/foodservice

