

How to Cut a Mango



STEP 1

CUT A SLIVER OFF the stem end to steady the mango.



STEP 2

USE A KNIFE OR PEELER to remove the skin.



STEP 3

CUT THE CHEEKS AWAY from the flat side of the seed.



STEP 4

CUT CHEEKS FOR INTENDED USE, and trim the remaining fruit from around the seed.

| MANGO VARIETY | INITIAL WEIGHT | PEELED WEIGHT | USABLE WEIGHT (-SEED) | % YIELD |
|------------------------|----------------|---------------|-----------------------|---------|
| Haden | 418.48 | 324.83 | 237.2 | 56.45% |
| Keitt | 679.14 | 573.98 | 484.62 | 71.34% |
| Kent | 386.77 | 308.91 | 227.43 | 59.35% |
| Tommy Atkins 8-9 count | 511.29 | 438.46 | 322.39 | 62.91% |
| Tommy Atkins 12 count | 317.43 | 265.36 | 192.09 | 60.51% |
| Honey (Altaulfo) | 366.41 | 314.69 | 261.7 | 71.29% |

1 cup 3/8-inch dice mango = 6.35 ounces. Research confirmed a high fruit yield for fresh mango when using the cutting technique shown. The yield analysis was based on 50 mangos of each variety/size cut at optimal ripeness. *Size/Count is based on a box weight of 8.1 lbs. All weights measured in oz. Source: Flavor360 Solutions