

Premium Dried Mangoes

*FOB Prices Kampala, Uganda: Organic: \$12.69/kg conventional \$5.00/kg (USD)

At Organic Route our organic dried mango is naturally sweet, rich and vibrant. It's simply mango with no additive or sweeteners. We source half ripe mangoes that are large and delicious. The mango is peeled and cut by into uniform size in an HACCP certified facility at the peak of ripeness. It can be eaten as snacks or dessert.

Health benefits of Dried Mango

Organic dried mango is a rich source of soluble and insoluble fiber. Soluble fiber helps stabilize blood sugar levels, and increases nutrient absorption. Insoluble fiber promotes a healthy digestive system. Dried mango is also an abundant source of vitamin C, boosting the immune system and acting as a protective antioxidant in the body.

Dried mango is extremely rich in vitamin A (20%), which keeps skin and mucous membranes healthy. Vitamin A also promotes eye health by preventing development of night blindness and slows down older age related decline in eyesight. Vitamin A in adequate amounts is required for reproductive health and healthy development of babies during pregnancy

Dried mangoes are also a good source of B-complex vitamins, which converts food into energy, relieves stress, and improves red blood cell production.



Product Specification

Physical Characteristics

 Appearance: Yellow-Orange. Sliced and dried at peakripeness while still firm.

Flavor: Sweet mango with no rancid or off flavors

Analysis

■ Brix: 15-16

Moisture: 16.0% (Subject to Change on Order)
Thickness: 2mm (subject to change on orders)

GMO Status: None

Certifications: NOP Organic, EU Organic,

conventional, HACCP

Variety: Dodo and Kent

Nutritional Summary: Serving Size 15g Calories 16, Total Fat

0.04g, Total Carbs 4.08g, Dietary Fiber 0.3g, Sugar 3.76g and Protein 0.07g

Microbiological Requirements

Standard plate count
50,000 UFC/gm maximum

E. ColiStaphylococcusC.P. Negative

Yeast 1,500 UFC/g maximumMold 1,500 UFC/g maximum

Salmonella Negative

* Raw Material/Manufacturing

Premium Dried Mangoes are dried exclusively in gluten-free and non-GMO faculties that only process fruit products. It is processed **without** the addition of any chemicals or additives.

Packaging

Premium Dried Mangoes are packed in 1kg or 2kg multi-layer polythene-lined (HDPE) bags (size can change base on order).

Shelf Life

12 months. Store in a cool, dry environment.









