

FRESH MANGO YIELD STUDY

With fresh mango popularity soaring, the National Mango Board (NMB) recognized that reliable mango yield data was a critical missing link for helping operators plan and cost their menus. The NMB selected Mattson, the largest independent developer of new products for the food and beverage industry, to conduct the research using two mango varieties. The report shows the average fruit yield for the Tommy Atkins variety from a 8-count and 12-count case to be 61% and 71% for the 12-count Ataulfo variety. For details, please email info@mango.org.

MANGO SHAPE	VARIETY TESTED	SIZE/COUNT	% YIELD	USABLE WEIGHT
ROUND	TOMMY ATKINS	8	62.91	11.27 OZ
ROUND	TOMMY ATKINS	12	60.51	6.77 OZ
OVAL/OBLONG	ATAULFO	12	71.29	9.23 OZ

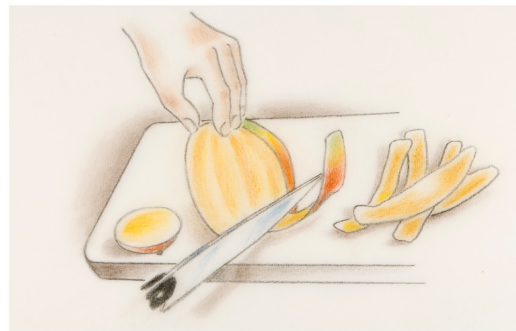
1 CUP 3/8"-DICE MANGO = 6.35 OZ

SOURCE: MATTSON FRESH MANGO YIELD STUDY 2008

The high fruit to seed ratio is good news for operators who menu or plan to menu fresh mango. The data was based on the cutting technique shown here.



1. To maximize the yield, it's helpful to understand where the seed is located so you can cut around it.



2. Cut a thin slice off the stem end, and use the flat surface to steady the mango. Use a knife or peeler to remove the skin.



3. Slice the "cheek" away from the seed, beginning 1/4 inch from the center. Follow the shape of the seed with your knife. Repeat on the other side.



4. Lay the seed flat, and use an angled cut to remove two wedge-shaped pieces from one side of the seed. Repeat on the other side.