OUR ORGANIC MANGOES
Handpicked and frozen on the day of harvest to capture all that goodness, our organic frozen fruit is a simple and sustainable way to add a little taste of sunshine to your day. We take time to carefully select and prepare the best, tastiest varieties so you can enjoy at home with no faff and zero waste.
GRADE A QUALITY
RIPE & READY
FRESHLY FROZEN
FIBRE
ZERO WASTE
FIND OUT WHY OUR MANGOES ARE SO DELICIOUS
packd.co.uk
Recycle
GB-ORG-04
EU agriculture
Non-EU agriculture
PACK'D
SUPER NUTRITION MADE SIMPLE
HOW TO USE
Perfect for blending, baking, snacking and adding to porridge, yogurt, cereal and desserts – simply defrost for 30 minutes. For smoothies and smoothie bowls blend from frozen.
INGREDIENTS
Organic Mangoes (100%).
NUTRITION
Typical Values | Per 100g | RI%* | Per 50g^ | RI%*
Energy (kJ/kcal) | 220/52 | 3% | 110/26 | 1%
Fat (g) | 0.6 | 1% | 0.3 | 0%
of which saturates (g) | 0.2 | 1% | 0.1 | 1%
Carbohydrates (g) | 10.4 | 4% | 5.2 | 2%
of which sugars (g) | 10.1 | 11% | 5.1 | 6%
Fibre (g) | 1.1 | | 0.6 |
Protein (g) | 0.7 | 1% | 0.4 | 1%
Salt (g) | 0.01 | 0% | 0.01 | 0%
Vitamin C (mg) | 26 | 33% | 13 | 16%
*Reference intake of an average adult (8400kJ/2000kcal).
^1 portion = 50g. Pack contains 6 portions.
JOIN THE PACK
@PACKDCO @_PACKDCO
HELLO@PACKD.CO.UK
PACKD.CO.UK for tasty recipes
Storage: Keep frozen -18°C.
Once defrosted do not refreeze.
Packed in the UK for PACK'D Ltd.
PACK'D 201 Borough High Street, London, SE1 1JA.
Best Before End
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