

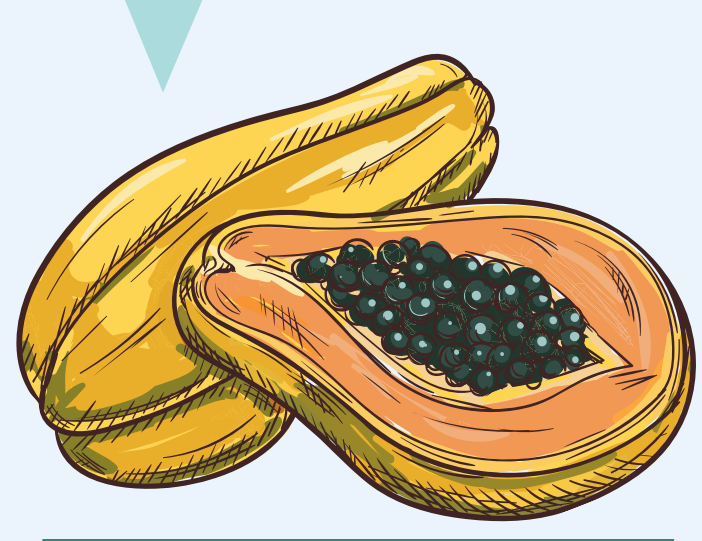


PAPAYA NUTRITION FACTS

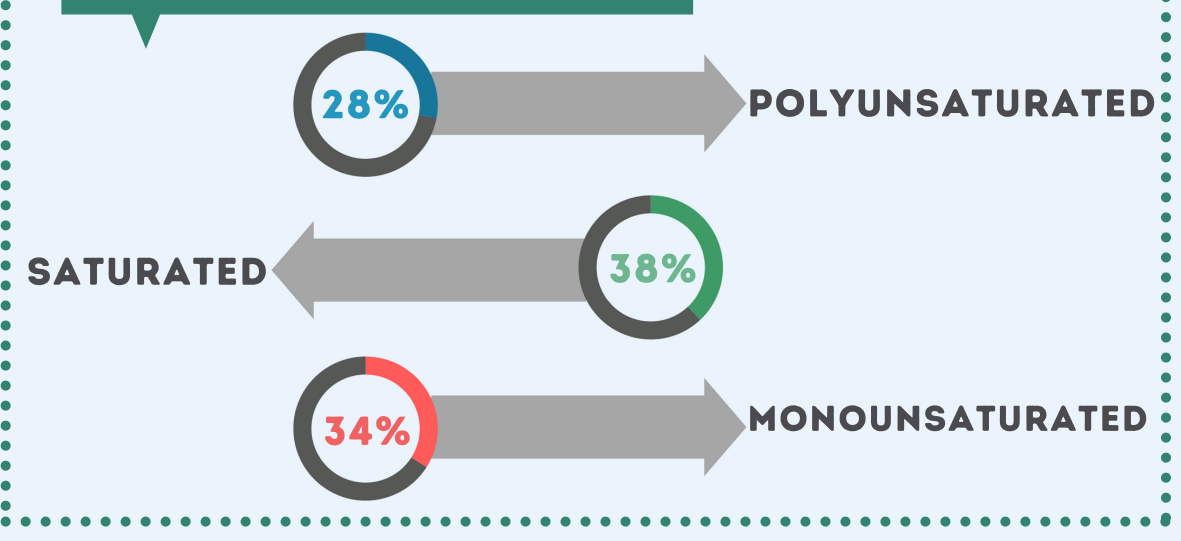


CALORIES 43/100GM

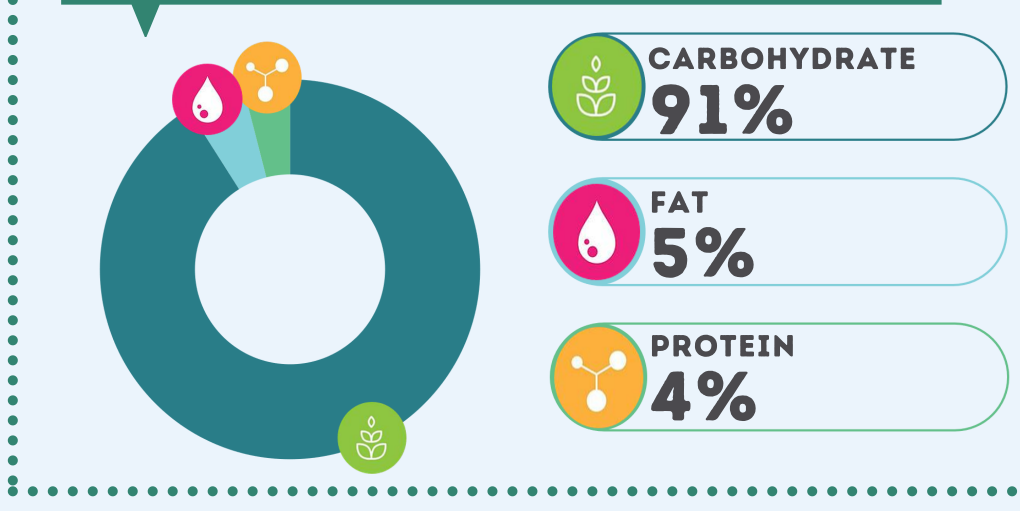
	AMOUNT		AMOUNT
CARBOHYDRATE	10.82 G	NIACIN	0.357 MG
FAT	0.26 G	VITAMIN A	47 MCG
PROTEIN	0.47 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.038 MG
FIBER	1.7 G	VITAMIN C	60.9 MG
RIBOFLAVIN	0.027 MG	VITAMIN D	0.00
SODIUM, NA	8.00 MG	FOLATE	37 MCG
THIAMIN	0.023 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



PAPAYA OTHER NAMES

- CARICA PAPAYA
- PAPAW
- PAWPAW

MINERALS IN PAPAYA

20 MG	CALCIUM, CA	2 % (DV)
0.045 MG	COPPER, CU	5 % (DV)
0.25 MG	IRON, FE	1 % (DV)
21 MG	MAGNESIUM, MG	5 % (DV)
0.6 MCG	SELENIUM, SE	1 % (DV)
10 MG	PHOSPHORUS, P	1 % (DV)
182 MG	POTASSIUM, K	4 % (DV)
0.08 MG	ZINC, ZN	1 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.