



**Food ID:** D155

**Food name and Description:** Papaya, young lvs

**Scientific name:** *Carica papaya*

**Alternate/Common name(s):**

**Edible portion:** 78%

## **Proximates** (Food Composition per 100g Edible Portion)

|                           |      |
|---------------------------|------|
| Water (g)                 | 73.5 |
| Energy, calculated (kcal) | 106  |
| Protein (g)               | 6.1  |
| Total Fat (g)             | 1.6  |
| Carbohydrate, total (g)   | 16.7 |
| Ash, total (g)            | 2.1  |

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

|                          |   |
|--------------------------|---|
| Fiber, total dietary (g) | - |
| Sugars, total (g)        | - |

## **Minerals** (Food Composition per 100g Edible Portion)

|                    |     |
|--------------------|-----|
| Calcium, Ca (mg)   | 373 |
| Phosphorus, P (mg) | 98  |
| Iron, Fe (mg)      | 1.8 |
| Sodium, Na (mg)    | 2   |

## **Vitamins** (Food Composition per 100g Edible Portion)

|                                       |       |
|---------------------------------------|-------|
| Retinol, Vitamin A (µg)               | 0     |
| beta-Carotene (µg)                    | 16130 |
| Retinol Activity Equivalent, RAE (µg) | 1344  |
| Thiamin, Vitamin B1 (mg)              | 0.15  |
| Riboflavin, Vitamin B2 (mg)           | 0.72  |
| Niacin (mg)                           | 2.1   |
| Ascorbic Acid, Vitamin C (mg)         | 181   |

## **Lipids** (Food Composition per 100g Edible Portion)

|   |   |
|---|---|
| Fatty acids, saturated, total (g)       | - |
| Fatty acids, monounsaturated, total (g) | - |
| Fatty acids, polyunsaturated, total(g)  | - |
| Cholesterol (mg)                        | 0 |