



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