



Food ID: D156

Food name and Description: Papaya, young lvs, boiled

Scientific name: *Carica papaya*

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	83
Energy, calculated (kcal)	67
Protein (g)	4.6
Total Fat (g)	1.2
Carbohydrate, total (g)	9.5
Ash, total (g)	1.7

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)	238
Phosphorus, P (mg)	65
Iron, Fe (mg)	1.3
Sodium, Na (mg)	2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	10180
Retinol Activity Equivalent, RAE (µg)	848
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.38
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	107

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