



**Food ID:** D157

**Food name and Description:** Papaya petioles

**Scientific name:** *Carica papaya*

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

**Edible portion:** 82%

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

Water (g)	92
Energy, calculated (kcal)	27
Protein (g)	0.6
Total Fat (g)	0.2
Carbohydrate, total (g)	5.8
Ash, total (g)	1.4

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

Fiber, total dietary (g)	0.8
Sugars, total (g)	3.4

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

Calcium, Ca (mg)	116
Phosphorus, P (mg)	39
Iron, Fe (mg)	0.7
Sodium, Na (mg)	1

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	220
Retinol Activity Equivalent, RAE (µg)	18
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	14

## **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