



**Food ID:** D158

**Food name and Description:** Papaya petioles, boiled

**Scientific name:** *Carica papaya*

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

**Edible portion:** 100%

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

Water (g)	93.3
Energy, calculated (kcal)	24
Protein (g)	0.7
Total Fat (g)	0.2
Carbohydrate, total (g)	4.9
Ash, total (g)	0.9

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

Fiber, total dietary (g)	0.7
Sugars, total (g)	2.8

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

Calcium, Ca (mg)	117
Phosphorus, P (mg)	28
Iron, Fe (mg)	0.9
Sodium, Na (mg)	1

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	140
Retinol Activity Equivalent, RAE (µg)	12
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	10

## **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