



**Food ID:** D285

**Food name and Description:** Papaya fruit, unripe, dried

**Scientific name:**

**Alternate/Common name(s):** Papaya bunga, hilaw, tuyo

**Edible portion:** 100%

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

Water (g)	10
Energy, calculated (kcal)	335
Protein (g)	6.7
Total Fat (g)	0.6
Carbohydrate, total (g)	75.7
Ash, total (g)	7

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

Fiber, total dietary (g)	9.2
Sugars, total (g)	38.1

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

Calcium, Ca (mg)	882
Phosphorus, P (mg)	189
Iron, Fe (mg)	2.7
Sodium, Na (mg)	122

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.19
Fatty acids, monounsaturated, total (g)	0.17
Fatty acids, polyunsaturated, total(g)	0.13
Cholesterol (mg)	0