



Food ID: D288

Food name and Description: Pickles, papaya

Scientific name:

Alternate/Common name(s): Atsara, papaya

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	58.8
Energy, calculated (kcal)	203
Protein (g)	0.8
Total Fat (g)	8.7
Carbohydrate, total (g)	30.3
Ash, total (g)	1.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.7
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	86
Phosphorus, P (mg)	12
Iron, Fe (mg)	4.5
Sodium, Na (mg)	791

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	40
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	1

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