



**Food ID:** E069

**Food name and Description:** Papaya fruit, ripe

**Scientific name:** *Carica papaya*

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

**Edible portion:** 64%

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

Water (g)	86.6
Energy, calculated (kcal)	53
Protein (g)	0.5
Total Fat (g)	0.3
Carbohydrate, total (g)	12.1
Ash, total (g)	0.5

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

Fiber, total dietary (g)	1.9
Sugars, total (g)	8.8

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

Calcium, Ca (mg)	34
Phosphorus, P (mg)	11
Iron, Fe (mg)	1
Sodium, Na (mg)	3

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	450
Retinol Activity Equivalent, RAE (µg)	38
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	74

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

Fatty acids, saturated, total (g)	0.09
Fatty acids, monounsaturated, total (g)	0.08
Fatty acids, polyunsaturated, total(g)	0.07
Cholesterol (mg)	0