

Nutrition Facts

Papaya

Serving size (100g)

Amount Per Serving

Calories

45

www.ihcare.ae

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0.08g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 7%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein < 1g 1%

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.25mg 2%

Potassium 0mg 0%

Vitamin A 570mcg 6%

Vitamin C 61mg 70%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.