



Nutritional Fact Sheet

Papaya

Ingredients: Freeze Dried Papaya

Description & Directions: Unsweetened Papaya Dices are ready to eat. 1 pound of freeze dried papaya replaces 8 pounds of fresh.

Storage & Shelf-life: Store in original container in a cool, dry location, for 18 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	5g (app. 1/4 cup)
Energy (Calories)	335.18	16.759
Total Fat	1.2g	0.06g
Saturated Fat	0.37g	0.0185g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	25.78mg	1.289mg
Total Carbohydrates	84.31g	4.2155g
Dietary Fiber	15.47g	0.7735g
Sugars	50.71g	2.5355g
Protein	5.24g	0.262g
Vitamin A (IU)	2440.82	122.041
Thaimin-B1	0.23mg	0.0115mg
Riboflavin	0.28mg	0.014mg
Niacin	2.9mg	0.145mg
Vitamin B-6	0.16mg	0.008mg
Vitamin C	531.14mg	26.557mg
Calcium	206.27mg	10.3135mg
Iron	0.86mg	0.043mg
Phosphorus	42.97mg	2.1485mg
Potassium	2208.77mg	110.4385mg

Plant Location: 806 Rivit Street, Greenville, NC 27834

Mailing Address: PO Box 439, Winterville, NC 28590

Service Dept. (252) 353-2008 / Ordering (800) 696-1395 / Fax (252) 353-2009

www.harmonyhousefoods.com