



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
Calories	335.18 kcal
Protein	5.24 g
Total Carbohydrate	84.31 g
Sugars	50.71 g
Added Sugars	0.00 g
Dietary Fiber	15.47 g
Total Fat	1.20 g
Saturated Fat	0.37 g
Cholesterol	0.00 mg
Thiamin – B1	0.23 mg
Riboflavin – B2	0.28 mg
Niacin – B3	2.90 mg
Vitamin B6	0.16 mg
Vitamin C	531.14 mg
Vitamin D	0.00 mcg
Calcium	206.27 mg
Iron	0.86 mg
Phosphorus	42.97 mg
Potassium	2208.77 mg
Sodium	25.78 mg
Trans Fat	0.00 g