



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	16.76
Total Fat	1.20g	0.06g
Saturated Fat	0.37g	0.02g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	25.78mg	1.29mg
Total Carbohydrates	84.31g	4.22g
Dietary Fiber	15.47g	0.77g
Sugars	50.71g	2.54g
Protein	5.24g	0.26g
Vitamin A (IU)	2440.82	122.04
Thaimin-B1	0.23mg	0.01mg
Riboflavin	0.28mg	0.01mg
Niacin	2.90mg	0.14mg
Vitamin B-6	0.16mg	0.01mg
Vitamin C	531.14mg	26.56mg
Calcium	206.27mg	10.31mg
Iron	0.86mg	0.04mg
Phosphorus	42.97mg	2.15mg
Potassium	2208.77mg	110.44mg

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