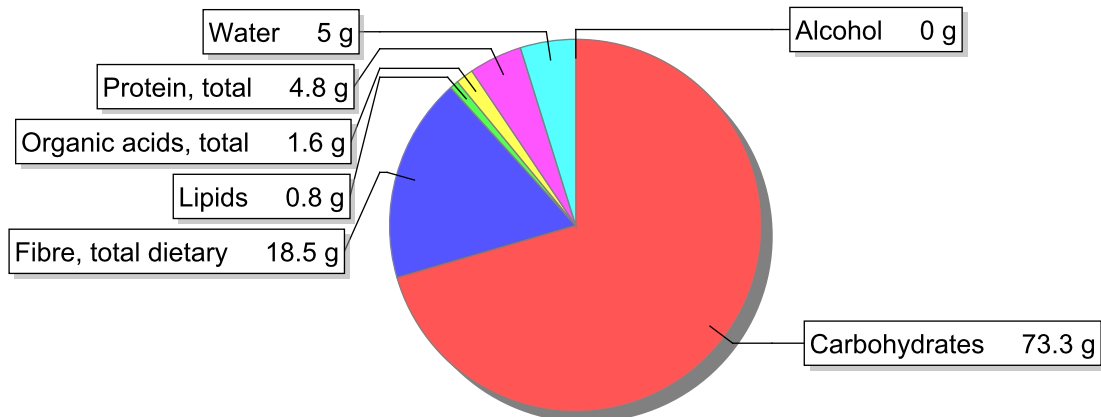


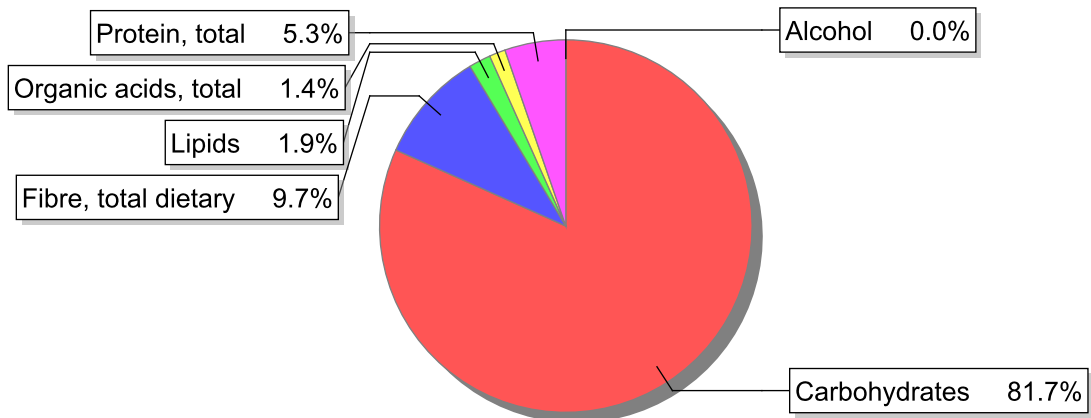
Food

Name: Papaya, dehydrated
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 100%
Code:
FoodEX2 Code: A01QH

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	361	kcal	
energy kJ, total metabolisable	1530	kJ	
fatty acids, total saturated	0	g	63
fatty acids, total monounsaturated	0.8	g	63
fatty acids, total polyunsaturated	0	g	63
fatty acid 18:2 n-6 cis,cis	0	g	63
fatty acids, total trans	0	g	
sugars, total	48.3	g	63
sucrose	25	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	63
protein, total	4.8	g	63
alcohol	0	g	
water	5	g	63
organic acids, total	1.6	g	63
cholesterol	0	mg	
vitamin D	0	µg	
alpha-tocopherol	12.08	mg	
riboflavin	0.32	mg	
niacin, preformed	2.42	mg	
niacin equivalents, total	3.22	mg	
niacin equivalents from tryptophan	0.81	mg	
vitamin B-6, total	0.24	mg	
vitamin B-12	0	µg	
folate, total	8.1	µg	
ash	4.75	g	
sodium	180	mg	
potassium	1690	mg	
calcium	170	mg	
phosphorus	130	mg	
magnesium	190	mg	
iron, total	3.2	mg	
zinc	0.8	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
63	Meister, MC; Fontes, MR; Lobo, P; Toscano MM (1998) - Frutos Tropicais. Sua Composição. Revista Portuguesa de Nutrição, Vol. 8(3), p. 69-74.