

Papayas

Serving Size

1 cup sliced, ripe papaya (97 g)

Amount Per Serving

Calories **60**

	% Daily Value *
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carbohydrate 15 g	6%
Dietary Fiber 2 g	8%
Total Sugars 11 g	
Includes 0 g Added Sugars	0%
Protein 1 g	
Vitamin D 0 mcg	0%
Calcium 28 mg	2%
Iron 0.35 mg	2%
Potassium 250 mg	6%

*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.

Allergens:

Ingredients: