

## Basic Report 09226, Papayas, raw [c](#)

Report Date: June 29, 2018 17:26 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 1" pieces 145g	1 cup, mashed 230g	1 fruit, small 157g	1 fruit, large 781g
<b>Proximates</b>						
Water	g	88.06	127.69	202.54	138.25	687.75
Energy	kcal	43	62	99	68	336
Protein	g	0.47	0.68	1.08	0.74	3.67
Total lipid (fat)	g	0.26	0.38	0.60	0.41	2.03
Carbohydrate, by difference	g	10.82	15.69	24.89	16.99	84.50
Fiber, total dietary	g	1.7	2.5	3.9	2.7	13.3
Sugars, total	g	7.82	11.34	17.99	12.28	61.07
<b>Minerals</b>						
Calcium, Ca	mg	20	29	46	31	156
Iron, Fe	mg	0.25	0.36	0.57	0.39	1.95
Magnesium, Mg	mg	21	30	48	33	164
Phosphorus, P	mg	10	14	23	16	78
Potassium, K	mg	182	264	419	286	1421
Sodium, Na	mg	8	12	18	13	62
Zinc, Zn	mg	0.08	0.12	0.18	0.13	0.62
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	60.9	88.3	140.1	95.6	475.6
Thiamin	mg	0.023	0.033	0.053	0.036	0.180
Riboflavin	mg	0.027	0.039	0.062	0.042	0.211
Niacin	mg	0.357	0.518	0.821	0.560	2.788
Vitamin B-6	mg	0.038	0.055	0.087	0.060	0.297
Folate, DFE	µg	37	54	85	58	289
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	47	68	108	74	367
Vitamin A, IU	IU	950	1378	2185	1492	7420

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Vitamin E (alpha-tocopherol)	mg	0.30	0.43	0.69	0.47	2.34
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	2.6	3.8	6.0	4.1	20.3
<b>Lipids</b>						
Fatty acids, total saturated	g	0.081	0.117	0.186	0.127	0.633
Fatty acids, total monounsaturated	g	0.072	0.104	0.166	0.113	0.562
Fatty acids, total polyunsaturated	g	0.058	0.084	0.133	0.091	0.453
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
<b>Amino Acids</b>						
<b>Other</b>						
Caffeine	mg	0	0	0	0	0

**Footnotes**

- <sup>a</sup> Mean value contains data based on the analysis of 5-methyltetrahydrofolate plus total folate determined microbiologically
- <sup>b</sup> Based on red-fleshed papaya; yellow-orange-fleshed papayas have 0 mcg lycopene/100 g.
- <sup>c</sup> Large variability in weight of whole fruit, especially between different cultivars.