

Basic Report 09226, Papayas, raw [c](#)
Report Date: July 22, 2019 21:22 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	0.5 fruit, large 390.5g
Proximates						
Water	g	88.06	127.69	202.54	138.25	343.87
Energy	kcal	43	62	99	68	168
Protein	g	0.47	0.68	1.08	0.74	1.84
Total lipid (fat)	g	0.26	0.38	0.60	0.41	1.02
Carbohydrate, by difference	g	10.82	15.69	24.89	16.99	42.25
Fiber, total dietary	g	1.7	2.5	3.9	2.7	6.6
Sugars, total	g	7.82	11.34	17.99	12.28	30.54
Minerals						
Calcium, Ca	mg	20	29	46	31	78
Iron, Fe	mg	0.25	0.36	0.57	0.39	0.98
Magnesium, Mg	mg	21	30	48	33	82
Phosphorus, P	mg	10	14	23	16	39
Potassium, K	mg	182	264	419	286	711
Sodium, Na	mg	8	12	18	13	31
Zinc, Zn	mg	0.08	0.12	0.18	0.13	0.31
Vitamins						
Vitamin C, total ascorbic acid	mg	60.9	88.3	140.1	95.6	237.8
Thiamin	mg	0.023	0.033	0.053	0.036	0.090
Riboflavin	mg	0.027	0.039	0.062	0.042	0.105
Niacin	mg	0.357	0.518	0.821	0.560	1.394
Vitamin B-6	mg	0.038	0.055	0.087	0.060	0.148
Folate, DFE	µg	37	54	85	58	144
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	47	68	108	74	184
Vitamin A, IU	IU	950	1378	2185	1492	3710

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Vitamin E (alpha-tocopherol)	mg	0.30	0.43	0.69	0.47	1.17
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	10.2
Lipids						
Fatty acids, total saturated	g	0.081	0.117	0.186	0.127	0.316
Fatty acids, total monounsaturated	g	0.072	0.104	0.166	0.113	0.281
Fatty acids, total polyunsaturated	g	0.058	0.084	0.133	0.091	0.226
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0

Footnotes

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