



Juice Concentrates, Purees & Essences Since 1974

Nutritional Information

PAPAYA PUREE 1 STRENGTH

NUTRIENT	UNIT	AMOUNT PER 100 GRAMS	ANALYSIS/ CALCULATION	METHOD/ COMMENTS
PROXIMATES				
Water	g	88.06	Calculation	USDA National Nutrition Database
Energy	kcal	43.00	"	"
Protein	g	0.47	"	"
Total lipid (fat)	g	0.26	"	"
Carbohydrate, by difference	g	10.82	"	"
Fiber, total dietary	g	1.70	"	"
Sugars, total	g	7.82	"	"
Sugars, added	g	0.00	"	"
MINERALS				
Calcium, Ca	mg	20.00	"	"
Iron, Fe	mg	0.25	"	"
Magnesium, Mg	mg	21.00	"	"
Phosphorus, P	mg	10.00	"	"
Potassium, K	mg	182.00	"	"
Sodium, Na	mg	8.00	"	"
Zinc, Zn	mg	0.08	"	"
VITAMINS				
Vitamin C, total ascorbic acid	mg	60.90	"	"
Thiamin	mg	0.02	"	"
Riboflavin	mg	0.03	"	"
Niacin	mg	0.36	"	"
Vitamin B-6	mg	0.04	"	"
Folate, DFE	µg	37.00	"	"
Vitamin B-12	µg	0.00	"	"
Vitamin A, RAE	µg	47.00	"	"
Vitamin A, IU	IU	950.00	"	"
Vitamin E (alpha-tocopherol)	mg	0.30	"	"



Juice Concentrates, Purees & Essences Since 1974

Vitamin D (D2 + D3)	µg	0.00	“	“
Vitamin D	IU	0.00	“	“
Vitamin K (phylloquinone)	µg	2.60	“	“
LIPIDS				
Fatty acids, total saturated	g	0.08	“	“
Fatty acids, total monounsaturated	g	0.07	“	“
Fatty acids, total polyunsaturated	g	0.06	“	“
Fatty acids, total trans	g	0.00	“	“
Cholesterol	mg	0.00	“	“
OTHER				
Caffeine	mg	0.00	“	“
Ash	g	0.39	“	“

For informational purposes only

Greenwood Associates Inc. cannot guarantee the specific accuracy of the data herein.