

Sheet1

	Papaya
Source of Origin	Maharashtra
Certificates	
Package	Bulk, 250 gms, 500 gm, 1 kg.
Appearance	Orange
Available Months	Seasonal
Supply Capacity	
Minimum Order	1 Tonnes
Processing Type	IQF and Fresh
NUTRITIONAL INFORMATION	
Water%	90.8
Protein%	0.6
Fat%	0.1
Sugar%	9.5
Calcium (Ca)%	17 mg
Phosphorus (P)%	13 mg
Iron (Fe)(mg/100gm)	0.5 mg
Vit A	-
Vit B	2020au/100gm
Vit B1 (ThiA)	-
Vit B2 (Ribf)	-
Vit C(mg/100gm)	46-126
Niacin	-
Minerals%	0.5
Fibers%	0.8
Sodium (Na)	-
Folic Acid	
Source	Foods That Heal (The Natural Way To Good Health) by Dr. H.K. Bakhru