

Papaya-Organic

Nutrition Facts

Serving Size: 100g

Serving per Container:

Amount per Serving

Calories	258	Calories from Fat:	
		% Daily Value *	
Total Fat	1 g		1 %
Saturated Fat	0 g		1 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	20 mg		1 %
Total Carbohydrates	65 g		22 %
Dietary Fiber	12 g		48 %
Sugars	39 g		
Protein	4 g		

Vitamin A	~%	Vitamin C	137 %
Calcium	16%	Iron	4 %

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram			
Fat	9	Carbohydrates	4
		Protein	4

Ingredients: Papaya

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.