

FORMOSA PAPAYA

Tainung Papaya Variety | Guatemala, PLU 3112

PAPAYAS ARE CONSIDERED ONE OF THE HEALTHIEST FRUITS IN THE WORLD. WITH THEIR SWEET AND MILD FLAVOR, THEY ALSO TASTE GREAT AND COMPLIMENT ANY DISH WONDERFULLY.



Papayas are fat-free and loaded with nutrients, including vitamins A, B, C, antioxidants, calcium, and papain, a super enzyme that breaks down protein and helps digestion.

Just one cup of papaya has our daily vitamin C requirement.

SELECTION:
Ready to eat when still mostly green, with 2 - 3 stripes of yellow.

STORAGE:
Store green papayas at room temperature. To speed up ripening, wrap papayas in paper. Ripe papayas can be refrigerated up to 5 days.

Nutrition Facts

Papayas

Amount Per 1 Fruit, large (718 g)
Calories 334

	% Daily Value *	
Total Fat 2g	3%	
Saturated fat 0.6g	3%	
Polyunsaturated fat 0.5g		
Monounsaturated 0.6g		
Cholesterol 0 mg	0%	
Sodium 62 mg	2%	
Potassium 1421 mg	40%	
Total Carbohydrate 85 g	52%	
Dietary fiber 13 g		
Sugar 61 g	7%	
Protein 3.7g	792%	
Vitamin A 148%	Vitamin C 792%	
Calcium 15%	Iron 11%	
Vitamin D 0%	Vitamin B-6 15%	
Vitamin B-12 0%	Magnesium 41%	

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

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