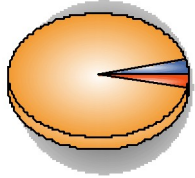


# Papaya Black Grape Salad

Recipe grams: 249.00g/8.8oz

Serves 1 249.00g/8.8oz per serving



Protein: 4%  
 Carbohydrates: 93%  
 Fat: 3%

## INGREDIENTS

1/4 large Papaya, Raw  
 1 cup Grape, Black Seedless

## DIRECTIONS

Quarter the papaya and cut the flesh into cubes.  
 De stem the grapes and mix with the papaya.  
 Enjoy!



## NUTRIENT ANALYSIS/SERVING

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	147		Vit-B6 Pyridoxine (mg)	0	8%
Protein (g)	2	3%	Choline, total (mg)	14	
Carbohydrates (g)	38	13%	Total Folate (mcg)	38	10%
Dietary Fiber (g)	3	12%	Vit-C (mg)	63	105%
Fat (g)	0	1%	Vit-D (IU)	0	0%
Saturated Fat (g)	0	1%	Vit-E (IU)	1	3%
Cholesterol (mg)	0	0%	Calcium (mg)	34	3%
Lutein+zeaxanthin (mcg)	195		Magnesium (mg)	31	8%
Vit-A IU	1004	20%	Potassium (mg)	467	
Vit-B1 Thiamine (mg)	0	9%	Sodium (mg)	11	0%
Vit-B2 Riboflavin (mg)	0	8%	Iodine (mcg)	0*	0%
Vit-B3 Niacin (mg)	1	3%	Iron (mg)	1	4%
			Zinc (mg)	0	1%

Values marked with a single asterisk (\*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.