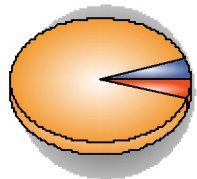


Banana Papaya Kiwi Salad

Recipe grams: 282.00g/9.9oz

Serves 1 282.00g/9.9oz per serving



Protein: 6%
 Carbohydrates: 90%
 Fat: 5%

INGREDIENTS

- 1 medium Banana, Raw
- 1 fruit Kiwifruit, Fresh, Raw
- 1/4 large Papaya, Raw

DIRECTIONS

1. Peel and slice banana
2. Peel and slice Kiwi
3. Slice off 1/4 of a large papaya and cut the flesh into cubes.
4. Mix the fruit together and enjoy!



NUTRIENT ANALYSIS/SERVING

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	188		Vit-B3 Niacin (mg)	1	7%
Protein (g)	3	5%	Vit-C (mg)	132	220%
Carbohydrates (g)	47	16%	Vit-D (IU)	0	0%
Dietary Fiber (g)	7	27%	Calcium (mg)	48	5%
Fat (g)	1	2%	Magnesium (mg)	64	16%
Cholesterol (mg)	0	0%	Potassium (mg)	811	
Vit-A (mcg_RAE)	51		Sodium (mg)	11	0%
Vit-B1 Thiamine (mg)	0	5%	Iron (mg)	1	4%
Vit-B2 Riboflavin (mg)	0	8%	FA 18:3 n-3 c,c,c (ALA) (g)	0*	
			FA 18:3 n-6 c,c,c (g)	0*	

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.