

# PAPAYA



## DIFFERENT USES

- Crack it open, scoop out the seeds, squirt some lemon juice on the orange flesh and eat.
- Add dried, chopped papaya to your rice, top with chicken.
- Replace pineapple in stir fry.
- Swap black pepper with dried, ground up papaya seeds.
- Pour pureed papaya over whole grain pancakes.
- Slice papaya for a quick snack.

## Nutrition Facts

Serving Size 1/2 medium fruit (152g)

Calories 60	% Daily Value
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%

Protein 1g

## Health Benefits

- Loaded with vitamin C; 115% daily recommended amount in one cup cubed!
- Vitamin A to boost the immune system.
- Offers folate which helps cells grow and develop.
- Good source of fiber to help feel full longer.

## FUN FACT

- The papaya is actually classified as a berry.
- Papaya plants are not trees but giant herbs.
- It is called pawpaw in Europe and Australia, fruta bomba in Cuba, papaye in France and mamao in Brazil.
- Some are really small (1 lb) and some are really big (20 lbs).
- Contains papain which is like the enzyme in the human body used to break down proteins— which makes the fruit a great meat tenderizer.