

# PAPAYA

## INGREDIENTS

### Nutrients

Calories - 59 calories, Fiber - 3 g,  
Total Carbohydrate - 15 g

### Minerals

Folate, Potassium

### Vitamins

Vitamin A, Vitamin C

### Protein

1g

### Fats

0g



# INDIAN PAPAYA EXPORTERS

---

- Papaya is a tropical fruit generally eaten for its orange, sweet and juicy pulp. The Indian papaya exporter exports tonnes of papayas abroad each year. The papaya export from India has been increasing over the years due to the growing popularity of the fruit worldwide. The export of Papaya is a good opportunity for local farmers and vendors to expand their business and enter the international marketplace.

