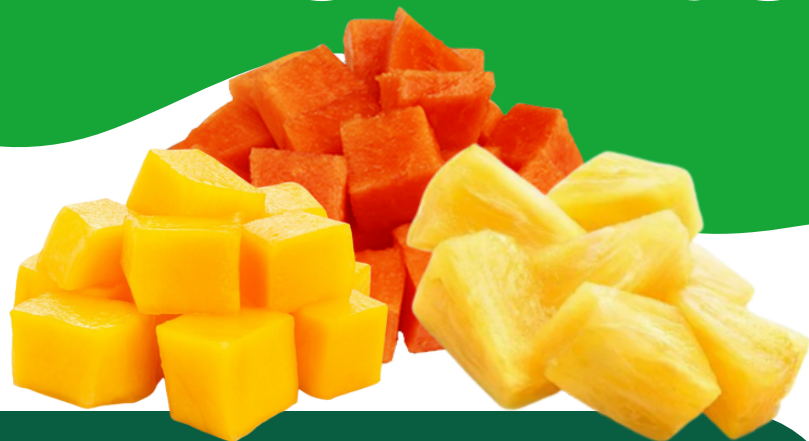


PAPAYA, MANGO, PINEAPPLE BLEND



Papaya, mango, and pineapple have very different flavors. Can you describe the flavors of each fruit? How are they similar and how are they different?



PRODUCE PARTICULARS

The papaya is a tropical fruit high in vitamins C and A and lycopene which helps keep your heart healthy and strong.

Pineapples are high in vitamin C, which supports the immune system and provides antioxidant benefits.

Mangos contain over 20 different vitamins and minerals!



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 45

% Daily Value *

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	11g	4%
Dietary Fiber	1g	3%
Total Sugars	8g	
Includes	0g Added Sugars	0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	0.2mg	2%
Potassium	150mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Papayas, Raw, Pineapple, Raw, Traditional Varieties

FRESHEALTH