

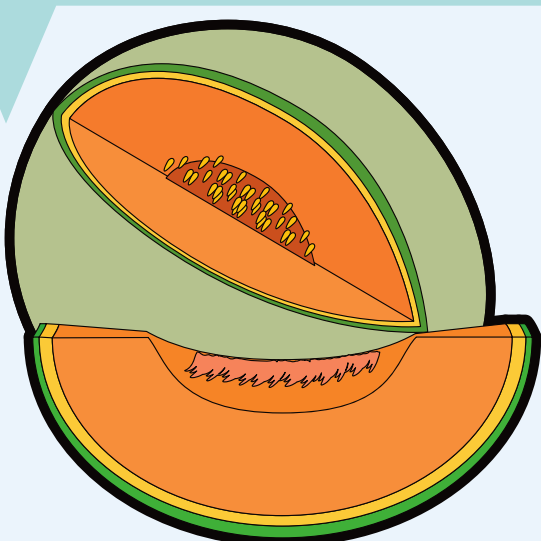


CANTALOUPE NUTRITION FACTS

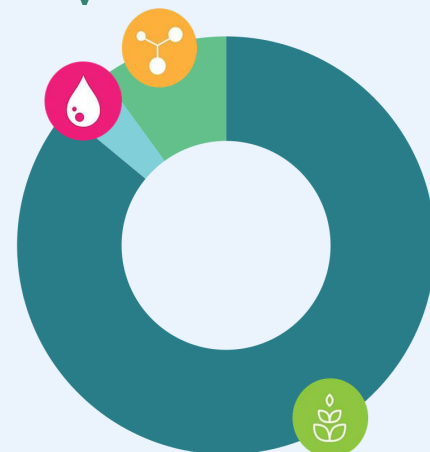


CALORIES 34/100GM

	AMOUNT		AMOUNT
CARBOHYDRATE	8.16 G	NIACIN	0.694 MG
FAT	0.18 G	VITAMIN A	232 MCG
PROTEIN	0.82 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.040 MG
FIBER	0.8 G	VITAMIN C	10.9 MG
RIBOFLAVIN	0.027 MG	VITAMIN D	0.00
SODIUM, NA	30 MG	FOLATE	14 MCG
THIAMIN	0.049 MG		

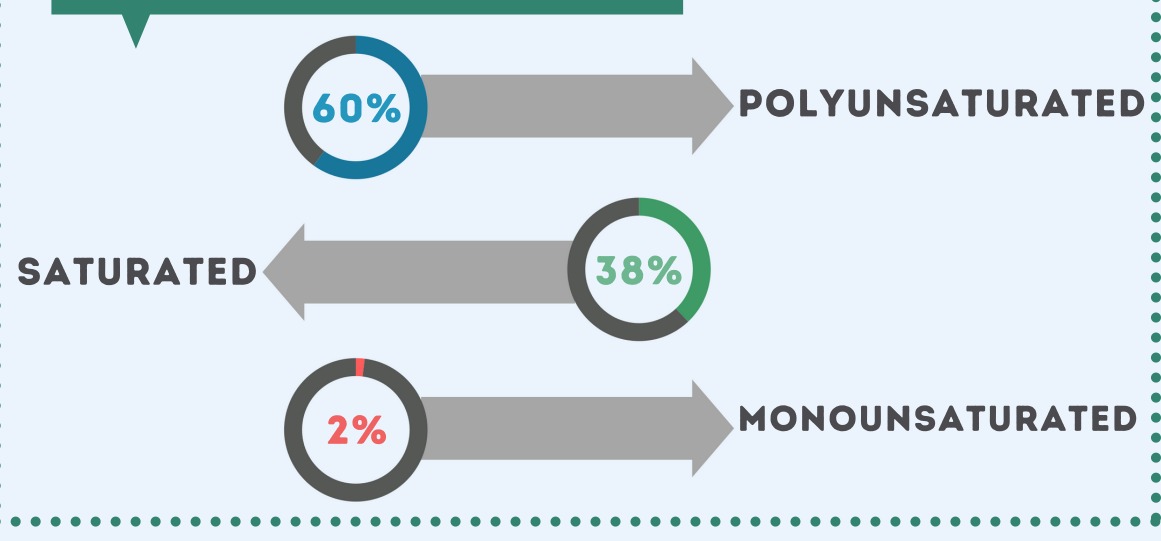


CALORIES BY SOURCE



- CARBOHYDRATE 86%
- FAT 4%
- PROTEIN 10%

FATS AND FATTY ACIDS



CANTALOUPE OTHER NAMES

- CUCUMIS MELO
- SWEET MELON
- SPANSPEK
- ORANGE MELON

MINERALS IN CANTALOUPE

9 MG	CALCIUM, CA	1 % (DV)
0.085 MG	COPPER, CU	9 % (DV)
0.38 MG	IRON, FE	2 % (DV)
13 MG	MAGNESIUM, MG	3 % (DV)
1.7 MCG	SELENIUM, SE	3 % (DV)
17 MG	PHOSPHORUS, P	2 % (DV)
157 MG	POTASSIUM, K	3 % (DV)
0.44 MG	ZINC, ZN	4 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.