

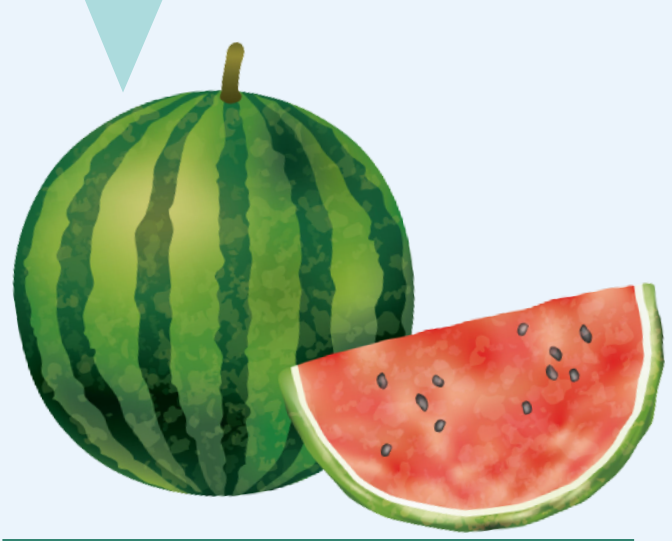
# WATERMELON NUTRITION FACTS



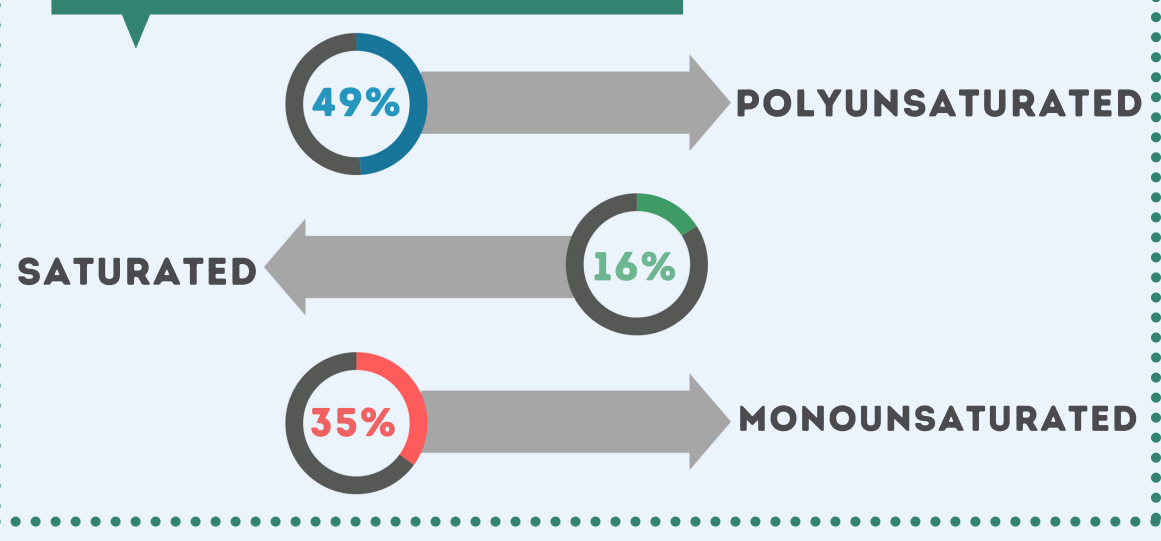
## CALORIES 30/100GM

	AMOUNT
CARBOHYDRATE	7.55 G
FAT	0.15 G
PROTEIN	0.61 G
CHOLESTEROL	0.00
FIBER	0.4 G
RIBOFLAVIN	0.021 MG
SODIUM, NA	1 MG
THIAMIN	0.033 MG

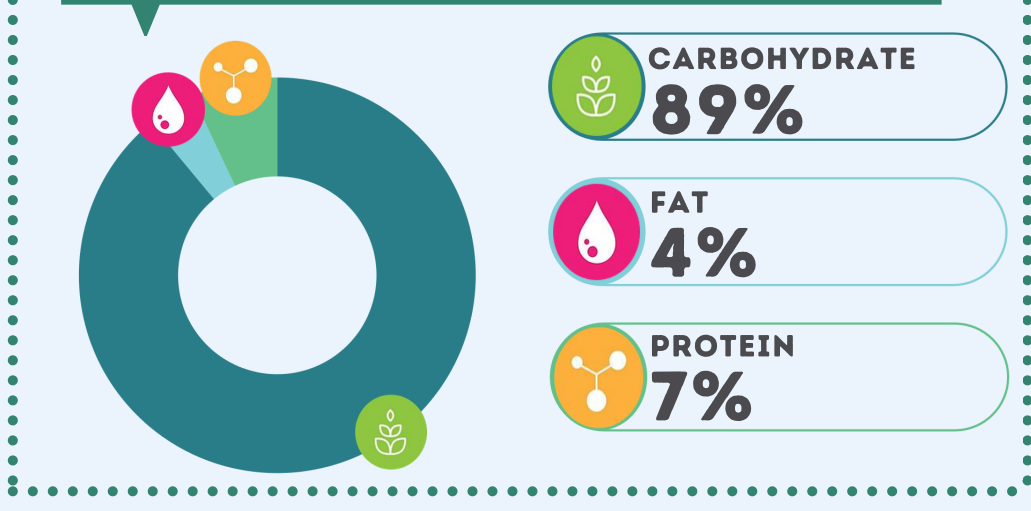
	AMOUNT
NIACIN	0.178 MG
VITAMIN A	28 MCG
VITAMIN B12	0.00
VITAMIN B6	0.045 MG
VITAMIN C	8.1 MG
VITAMIN D	0.00
FOLATE	3 MCG



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### WATERMELON OTHER NAMES

- CITRULLUS LANATUS
- SANDÍA
- MELANCIA
- PASTÈQUE

### MINERALS IN WATERMELON

7 MG	CALCIUM, CA	1 % (DV)
0.042 MG	COPPER, CU	5 % (DV)
0.24 MG	IRON, FE	1 % (DV)
10 MG	MAGNESIUM, MG	2 % (DV)
0.4 MCG	SELENIUM, SE	1 % (DV)
11 MG	PHOSPHORUS, P	2 % (DV)
112 MG	POTASSIUM, K	2 % (DV)
0.10 MG	ZINC, ZN	1 % (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.