USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 09181, Melons, cantaloupe, raw

Report Date:February 15, 2016 14:10 EST

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Common Name: includes USDA commodity food A415

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:49% Refuse Description: 9% cavity contents, 1% cutting loss, 39% rind

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, balls 177g	1 cup, cubes 160g	1 cup, diced 156g	1 melon, large (about 6-1/2" dia) 814g	1 wedge, large (1/8 of large melon) 102g	1 melon, medium (about 5" dia) 552g	1 wedge, medium (1/8 of medium melon) 69g	1 melon, small (about 4-1/4" dia) 441g	1 wedge, small (1/8 of small melon) 55g	10.0 cantaloupe balls 138g	1 NLEA serving 134g
Proximates															
Water [1 2 3 4 5 6 7]	g	90.15	30	0.312	159.57	144.24	140.63	733.82	91.95	497.63	62.20	397.56	49.58	124.41	120.80
Energy	kcal	34	--	--	60	54	53	277	35	188	23	150	19	47	46
Energy	kJ	141	--	--	250	226	220	1148	144	778	97	622	78	195	189
Protein [1 2 3]	g	0.84	17	0.030	1.49	1.34	1.31	6.84	0.86	4.64	0.58	3.70	0.46	1.16	1.13
Total lipid (fat) [1 2 3 4 5]	g	0.19	21	0.036	0.34	0.30	0.30	1.55	0.19	1.05	0.13	0.84	0.10	0.26	0.25
Ash [1 2 3]	g	0.65	17	0.039	1.15	1.04	1.01	5.29	0.66	3.59	0.45	2.87	0.36	0.90	0.87
Carbohydrate, by difference	g	8.16	--	--	14.44	13.06	12.73	66.42	8.32	45.04	5.63	35.99	4.49	11.26	10.93
Fiber, total dietary [1 2 3]	g	0.9	18	0.112	1.6	1.4	1.4	7.3	0.9	5.0	0.6	4.0	0.5	1.2	1.2
Sugars, total	g	7.86	--	--	13.91	12.58	12.26	63.98	8.02	43.39	5.42	34.66	4.32	10.85	10.53
Sucrose [2 3 6 7]	g	4.35	14	0.666	7.70	6.96	6.79	35.41	4.44	24.01	3.00	19.18	2.39	6.00	5.83
Glucose (dextrose) [2 3 6 7]	g	1.54	14	0.322	2.73	2.46	2.40	12.54	1.57	8.50	1.06	6.79	0.85	2.13	2.06
Fructose [2 3 6 7]	g	1.87	14	0.304	3.31	2.99	2.92	15.22	1.91	10.32	1.29	8.25	1.03	2.58	2.51
Lactose [2 3]	g	0.00	8	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Maltose [2 3 6]	g	0.04	11	0.020	0.07	0.06	0.06	0.33	0.04	0.22	0.03	0.18	0.02	0.06	0.05
Galactose [2 3]	g	0.06	8	0.004	0.11	0.10	0.09	0.49	0.06	0.33	0.04	0.26	0.03	0.08	0.08
Starch [3]	g	0.03	4	0.025	0.05	0.05	0.05	0.24	0.03	0.17	0.02	0.13	0.02	0.04	0.04
Minerals															

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Calcium, Ca [1 2 3 8 9 10 11 12 13 14 15 16 17 18 19]	mg	9	54	0.757	16	14	14	73	9	50	6	40	5	12	12
Iron, Fe [1 2 3 8 9 10 11 12 13 14 15 16 17 18 19]	mg	0.21	54	0.022	0.37	0.34	0.33	1.71	0.21	1.16	0.14	0.93	0.12	0.29	0.28
Magnesium, Mg [1 2 3 8 9 10 11 12 13 14 15 16 17 18 19]	mg	12	54	0.430	21	19	19	98	12	66	8	53	7	17	16
Phosphorus, P [1 2 3 9 10 11 12 13 14 15 16 17 18 19]	mg	15	53	0.742	27	24	23	122	15	83	10	66	8	21	20
Potassium, K [1 2 3 8 9 10 11 12 13 14 15 16 17 18 19]	mg	267	54	10.242	473	427	417	2173	272	1474	184	1177	147	368	358
Sodium, Na [1 2 8 9 10 11 12 13 14 15 16 17 18 19]	mg	16	50	1.243	28	26	25	130	16	88	11	71	9	22	21
Zinc, Zn [1 2 3 8 9 10 11 12 13 14 15 16 17 18 19]	mg	0.18	53	0.018	0.32	0.29	0.28	1.47	0.18	0.99	0.12	0.79	0.10	0.25	0.24
Copper, Cu [1 2 3 8 9 10 11 12 13 14 15 16 17 18 19]	mg	0.041	54	0.009	0.073	0.066	0.064	0.334	0.042	0.226	0.028	0.181	0.023	0.057	0.055
Manganese, Mn [1 2 3 8 9 10 11 12 13 14 15 16 17 18 19]	mg	0.041	54	0.002	0.073	0.066	0.064	0.334	0.042	0.226	0.028	0.181	0.023	0.057	0.055
Selenium, Se [2]	µg	0.4	4	0.055	0.7	0.6	0.6	3.3	0.4	2.2	0.3	1.8	0.2	0.6	0.5
Fluoride, F [20]	µg	1.0	9	--	1.8	1.6	1.6	8.1	1.0	5.5	0.7	4.4	0.6	1.4	1.3
Vitamins															
Vitamin C, total ascorbic acid [1]	mg	36.7	10	1.384	65.0	58.7	57.3	298.7	37.4	202.6	25.3	161.8	20.2	50.6	49.2
Thiamin [1 2 3]	mg	0.041	13	0.009	0.073	0.066	0.064	0.334	0.042	0.226	0.028	0.181	0.023	0.057	0.055
Riboflavin [2]	mg	0.019	4	--	0.034	0.030	0.030	0.155	0.019	0.105	0.013	0.084	0.010	0.026	0.025
Niacin [1 2 3]	mg	0.734	18	0.040	1.299	1.174	1.145	5.975	0.749	4.052	0.506	3.237	0.404	1.013	0.984
Pantothenic acid [1 2 3]	mg	0.105	13	0.020	0.186	0.168	0.164	0.855	0.107	0.580	0.072	0.463	0.058	0.145	0.141
Vitamin B-6 [1 2]	mg	0.072	14	0.028	0.127	0.115	0.112	0.586	0.073	0.397	0.050	0.318	0.040	0.099	0.096
Folate, total [1 2 3]	µg	21	17	7.073	37	34	33	171	21	116	14	93	12	29	28
Folic acid	µg	0	--	--	0	0	0	0	0	0	0	0	0	0	0
Folate, food	µg	21	17	7.073	37	34	33	171	21	116	14	93	12	29	28
Folate, DFE	µg	21	--	--	37	34	33	171	21	116	14	93	12	29	28

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Choline, total [3]	mg	7.6	--	--	13.5	12.2	11.9	61.9	7.8	42.0	5.2	33.5	4.2	10.5	10.2
Betaine [3]	mg	0.1	1	--	0.2	0.2	0.2	0.8	0.1	0.6	0.1	0.4	0.1	0.1	0.1
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	169	--	--	299	270	264	1376	172	933	117	745	93	233	226
Retinol	µg	0	--	--	0	0	0	0	0	0	0	0	0	0	0
Carotene, beta [1 2 3 21 22 23 24]	µg	2020	52	252.908	3575	3232	3151	16443	2060	11150	1394	8908	1111	2788	2707
Carotene, alpha [2 3 21 22 24 25]	µg	16	42	10.021	28	26	25	130	16	88	11	71	9	22	21
Cryptoxanthin, beta [2 3 21 24 25]	µg	1	21	1.170	2	2	2	8	1	6	1	4	1	1	1
Vitamin A, IU	IU	3382	--	--	5986	5411	5276	27529	3450	18669	2334	14915	1860	4667	4532
Lycopene [2 3 24 25]	µg	0	12	0.000	0	0	0	0	0	0	0	0	0	0	0
Lutein + zeaxanthin [2 3 24 25]	µg	26	12	9.999	46	42	41	212	27	144	18	115	14	36	35
Vitamin E (alpha-tocopherol) [3 4 5]	mg	0.05	11	0.007	0.09	0.08	0.08	0.41	0.05	0.28	0.03	0.22	0.03	0.07	0.07
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocopherol, beta [3 4 5]	mg	0.00	11	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocopherol, gamma [3 4 5]	mg	0.11	11	0.013	0.19	0.18	0.17	0.90	0.11	0.61	0.08	0.49	0.06	0.15	0.15
Tocopherol, delta [3 4 5]	mg	0.00	11	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone) [2 3]	µg	2.5	8	0.304	4.4	4.0	3.9	20.4	2.6	13.8	1.7	11.0	1.4	3.4	3.4
Lipids															
Fatty acids, total saturated	g	0.051	--	--	0.090	0.082	0.080	0.415	0.052	0.282	0.035	0.225	0.028	0.070	0.068
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000

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12:0	g	0.001	--	--	0.002	0.002	0.002	0.008	0.001	0.006	0.001	0.004	0.001	0.001	0.001
14:0	g	0.001	--	--	0.002	0.002	0.002	0.008	0.001	0.006	0.001	0.004	0.001	0.001	0.001
16:0	g	0.043	--	--	0.076	0.069	0.067	0.350	0.044	0.237	0.030	0.190	0.024	0.059	0.058
18:0	g	0.005	--	--	0.009	0.008	0.008	0.041	0.005	0.028	0.003	0.022	0.003	0.007	0.007
Fatty acids, total monounsaturated	g	0.003	--	--	0.005	0.005	0.005	0.024	0.003	0.017	0.002	0.013	0.002	0.004	0.004
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
18:1 undifferentiated	g	0.003	--	--	0.005	0.005	0.005	0.024	0.003	0.017	0.002	0.013	0.002	0.004	0.004
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.081	--	--	0.143	0.130	0.126	0.659	0.083	0.447	0.056	0.357	0.045	0.112	0.109
18:2 undifferentiated	g	0.035	--	--	0.062	0.056	0.055	0.285	0.036	0.193	0.024	0.154	0.019	0.048	0.047
18:3 undifferentiated	g	0.046	--	--	0.081	0.074	0.072	0.374	0.047	0.254	0.032	0.203	0.025	0.063	0.062
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0	0	0	0	0	0	0	0
Phytosterols	mg	10	--	--	18	16	16	81	10	55	7	44	6	14	13
Amino Acids															
Tryptophan [2]	g	0.002	--	--	0.004	0.003	0.003	0.016	0.002	0.011	0.001	0.009	0.001	0.003	0.003
Threonine [2]	g	0.017	--	--	0.030	0.027	0.027	0.138	0.017	0.094	0.012	0.075	0.009	0.023	0.023
Isoleucine [2]	g	0.021	--	--	0.037	0.034	0.033	0.171	0.021	0.116	0.014	0.093	0.012	0.029	0.028
Leucine [2]	g	0.029	--	--	0.051	0.046	0.045	0.236	0.030	0.160	0.020	0.128	0.016	0.040	0.039
Lysine [2]	g	0.030	--	--	0.053	0.048	0.047	0.244	0.031	0.166	0.021	0.132	0.016	0.041	0.040
Methionine [2]	g	0.012	--	--	0.021	0.019	0.019	0.098	0.012	0.066	0.008	0.053	0.007	0.017	0.016
Cystine [2]	g	0.002	--	--	0.004	0.003	0.003	0.016	0.002	0.011	0.001	0.009	0.001	0.003	0.003
Phenylalanine [2]	g	0.023	--	--	0.041	0.037	0.036	0.187	0.023	0.127	0.016	0.101	0.013	0.032	0.031
Tyrosine [2]	g	0.014	--	--	0.025	0.022	0.022	0.114	0.014	0.077	0.010	0.062	0.008	0.019	0.019

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Valine [2]	g	0.033	--	--	0.058	0.053	0.051	0.269	0.034	0.182	0.023	0.146	0.018	0.046	0.044
Arginine [2]	g	0.029	--	--	0.051	0.046	0.045	0.236	0.030	0.160	0.020	0.128	0.016	0.040	0.039
Histidine [2]	g	0.015	--	--	0.027	0.024	0.023	0.122	0.015	0.083	0.010	0.066	0.008	0.021	0.020
Alanine [2]	g	0.095	--	--	0.168	0.152	0.148	0.773	0.097	0.524	0.066	0.419	0.052	0.131	0.127
Aspartic acid [2]	g	0.136	--	--	0.241	0.218	0.212	1.107	0.139	0.751	0.094	0.600	0.075	0.188	0.182
Glutamic acid [2]	g	0.209	--	--	0.370	0.334	0.326	1.701	0.213	1.154	0.144	0.922	0.115	0.288	0.280
Glycine [2]	g	0.026	--	--	0.046	0.042	0.041	0.212	0.027	0.144	0.018	0.115	0.014	0.036	0.035
Proline [2]	g	0.019	--	--	0.034	0.030	0.030	0.155	0.019	0.105	0.013	0.084	0.010	0.026	0.025
Serine [2]	g	0.042	--	--	0.074	0.067	0.066	0.342	0.043	0.232	0.029	0.185	0.023	0.058	0.056
Other															
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0	0	0	0	0	0
Flavonoids															
Anthocyanidins															
Cyanidin [27]	mg	0.00	3	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Petunidin [27]	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Delphinidin [27]	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Malvidin [27]	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pelargonidin [27]	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Peonidin [27]	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Flavan-3-ols															
(+)-Catechin [27] [28]	mg	0.0	10	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
(-)-Epigallocatechin [27]	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
(-)-Epicatechin [27] [28]	mg	0.0	10	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
(-)-Epicatechin 3-gallate [27]	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate [27]	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
(+)-Gallocatechin [27]	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Flavanones															
Hesperetin [27]	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, balls 177g	1 cup, cubes 160g	1 cup, diced 156g	1 melon, large (about 6-1/2" dia) 814g	1 wedge, large (1/8 of large melon) 102g	1 melon, medium (about 5" dia) 552g	1 wedge, medium (1/8 of medium melon) 69g	1 melon, small (about 4-1/4" dia) 441g	1 wedge, small (1/8 of small melon) 55g	10.0 cantaloupe balls 138g	1 NLEA serving 134g
Naringenin [27]	mg	0.0	7	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Flavones															
Apigenin [27] [29] [30]	mg	0.0	5	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Luteolin [27] [29] [30]	mg	0.6	4	0.64	1.1	1.0	1.0	5.2	0.7	3.5	0.4	2.8	0.4	0.9	0.9
Flavonols															
Kaempferol [29] [30] [31]	mg	0.1	3	0.07	0.1	0.1	0.1	0.6	0.1	0.4	0.0	0.3	0.0	0.1	0.1
Myricetin [27] [29] [30] [31]	mg	0.0	6	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Quercetin [27] [29] [30] [31]	mg	0.0	6	0.01	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0
Isoflavones															
Daidzein [32] [33] [34]	mg	0.00	3	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Genistein [32] [33] [34]	mg	0.00	3	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Glycitein [34]	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total isoflavones [32] [33] [34]	mg	0.00	3	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Formononetin	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coumestrol	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Proanthocyanidin															
Proanthocyanidin dimers [26]	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin trimers [26]	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin 4-6mers [26]	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin 7-10mers [26]	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin polymers (>10mers) [26]	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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