

Basic Report 09184, Melons, honeydew, raw
Report Date: July 19, 2019 06:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, diced (approx 20 pieces per cup) 170g	1 cup, balls 177g	1 melon (5-1/4" dia) 1,000g	1 melon (6" - 7" dia) 1,280g	1 wedge (1/8 of 5-1/4" dia melon) 125g	1 wedge (1/8 of 6" to 7" dia melon) 160g	10.0 honeydew balls 138g	1 NLEA serving 134g
Proximates										
Water	g	89.82	152.69	158.98	898.20	1149.70	112.28	143.71	123.95	120.36
Energy	kcal	36	61	64	360	461	45	58	50	48
Protein	g	0.54	0.92	0.96	5.40	6.91	0.68	0.86	0.75	0.72
Total lipid (fat)	g	0.14	0.24	0.25	1.40	1.79	0.17	0.22	0.19	0.19
Carbohydrate, by difference	g	9.09	15.45	16.09	90.90	116.35	11.36	14.54	12.54	12.18
Fiber, total dietary	g	0.8	1.4	1.4	8.0	10.2	1.0	1.3	1.1	1.1
Sugars, total	g	8.12	13.80	14.37	81.20	103.94	10.15	12.99	11.21	10.88
Minerals										
Calcium, Ca	mg	6	10	11	60	77	8	10	8	8
Iron, Fe	mg	0.17	0.29	0.30	1.70	2.18	0.21	0.27	0.23	0.23
Magnesium, Mg	mg	10	17	18	100	128	12	16	14	13
Phosphorus, P	mg	11	19	19	110	141	14	18	15	15
Potassium, K	mg	228	388	404	2280	2918	285	365	315	306
Sodium, Na	mg	18	31	32	180	230	22	29	25	24
Zinc, Zn	mg	0.09	0.15	0.16	0.90	1.15	0.11	0.14	0.12	0.12
Vitamins										
Vitamin C, total ascorbic acid	mg	18.0	30.6	31.9	180.0	230.4	22.5	28.8	24.8	24.1
Thiamin	mg	0.038	0.065	0.067	0.380	0.486	0.048	0.061	0.052	0.051
Riboflavin	mg	0.012	0.020	0.021	0.120	0.154	0.015	0.019	0.017	0.016
Niacin	mg	0.418	0.711	0.740	4.180	5.350	0.522	0.669	0.577	0.560
Vitamin B-6	mg	0.088	0.150	0.156	0.880	1.126	0.110	0.141	0.121	0.118
Folate, DFE	µg	19	32	34	190	243	24	30	26	25
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	3	5	5	30	38	4	5	4	4
Vitamin A, IU	IU	50	85	88	500	640	62	80	69	67
Vitamin E (alpha-tocopherol)	mg	0.02	0.03	0.04	0.20	0.26	0.03	0.03	0.03	0.03

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Vitamin D (D2 + D3)	µg	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
Vitamin K (phylloquinone)	µg	2.9	4.9	5.1	29.0	37.1	3.6	4.6	4.0	3.9
Lipids										
Fatty acids, total saturated	g	0.038	0.065	0.067	0.380	0.486	0.048	0.061	0.052	0.051
Fatty acids, total monounsaturated	g	0.003	0.005	0.005	0.030	0.038	0.004	0.005	0.004	0.004
Fatty acids, total polyunsaturated	g	0.059	0.100	0.104	0.590	0.755	0.074	0.094	0.081	0.079
Fatty acids, total trans	g	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
Amino Acids										
Other										
Caffeine	mg	0	0	0	0	0	0	0	0	0