

**Basic Report 09185, Melon balls, frozen**

**Report Date: September 25, 2017 20:18 EDT**

Nutrient values and weights are for edible portion.

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup, unthawed 173g</b>
<b>Proximates</b>			
Water	g	90.26	156.15
Energy	kcal	33	57
Protein	g	0.84	1.45
Total lipid (fat)	g	0.25	0.43
Carbohydrate, by difference	g	7.94	13.74
Fiber, total dietary	g	0.7	1.2
<b>Minerals</b>			
Calcium, Ca	mg	10	17
Iron, Fe	mg	0.29	0.50
Magnesium, Mg	mg	14	24
Phosphorus, P	mg	12	21
Potassium, K	mg	280	484
Sodium, Na	mg	31	54
Zinc, Zn	mg	0.17	0.29
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	6.2	10.7
Thiamin	mg	0.166	0.287
Riboflavin	mg	0.022	0.038
Niacin	mg	0.640	1.107
Vitamin B-6	mg	0.106	0.183
Folate, DFE	µg	26	45
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	89	154
Vitamin A, IU	IU	1774	3069
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

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<b>Lipids</b>			
Fatty acids, total saturated	g	0.064	0.111
Fatty acids, total monounsaturated	g	0.006	0.010
Fatty acids, total polyunsaturated	g	0.098	0.170
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

**Amino Acids**

**Other**