

Basic Report 09185, Melon balls, frozen

Report Date: November 22, 2017 20:33 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, unthawed 173g
Proximates			
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
Minerals			
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
Vitamins			
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

Nutrient	Unit	1 Value Per100 g	1 cup, unthawed 173g
Lipids			
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