

Basic Report 09326, Watermelon, raw
Report Date: July 23, 2019 02:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, balls 154g	1 cup, diced 152g	1 melon (15" long x 7-1/2" dia) 4,518g	1 wedge (approx 1/16 of melon) 286g	10.0 watermelon balls 122g	1 NLEA serving 280g
Proximates								
Water	g	91.45	140.83	139.00	4131.71	261.55	111.57	256.06
Energy	kcal	30	46	46	1355	86	37	84
Protein	g	0.61	0.94	0.93	27.56	1.74	0.74	1.71
Total lipid (fat)	g	0.15	0.23	0.23	6.78	0.43	0.18	0.42
Carbohydrate, by difference	g	7.55	11.63	11.48	341.11	21.59	9.21	21.14
Fiber, total dietary	g	0.4	0.6	0.6	18.1	1.1	0.5	1.1
Sugars, total	g	6.20	9.55	9.42	280.12	17.73	7.56	17.36
Minerals								
Calcium, Ca	mg	7	11	11	316	20	9	20
Iron, Fe	mg	0.24	0.37	0.36	10.84	0.69	0.29	0.67
Magnesium, Mg	mg	10	15	15	452	29	12	28
Phosphorus, P	mg	11	17	17	497	31	13	31
Potassium, K	mg	112	172	170	5060	320	137	314
Sodium, Na	mg	1	2	2	45	3	1	3
Zinc, Zn	mg	0.10	0.15	0.15	4.52	0.29	0.12	0.28
Vitamins								
Vitamin C, total ascorbic acid	mg	8.1	12.5	12.3	366.0	23.2	9.9	22.7
Thiamin	mg	0.033	0.051	0.050	1.491	0.094	0.040	0.092
Riboflavin	mg	0.021	0.032	0.032	0.949	0.060	0.026	0.059
Niacin	mg	0.178	0.274	0.271	8.042	0.509	0.217	0.498
Vitamin B-6	mg	0.045	0.069	0.068	2.033	0.129	0.055	0.126
Folate, DFE	µg	3	5	5	136	9	4	8
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	28	43	43	1265	80	34	78
Vitamin A, IU	IU	569	876	865	25707	1627	694	1593
Vitamin E (alpha-tocopherol)	mg	0.05	0.08	0.08	2.26	0.14	0.06	0.14

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.1	0.2	0.2	4.5	0.3	0.1	0.3
Lipids								
Fatty acids, total saturated	g	0.016	0.025	0.024	0.723	0.046	0.020	0.045
Fatty acids, total monounsaturated	g	0.037	0.057	0.056	1.672	0.106	0.045	0.104
Fatty acids, total polyunsaturated	g	0.050	0.077	0.076	2.259	0.143	0.061	0.140
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0