

Full Report (All Nutrients) 45212700, CANTALOUPE, UPC: 850725002175
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Report Date: September 18, 2019 08:12 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Legend Produce L.L.C.

Nutrient	Unit	Data points	Std. Error	0.25 MEDIUM MELON 134g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	50	37
Protein	g	--	--	1.00	0.75
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	12.01	8.96
Fiber, total dietary	g	--	--	0.9	0.7
Sugars, total	g	--	--	11.00	8.21
Minerals					
Calcium, Ca	mg	--	--	20	15
Iron, Fe	mg	--	--	0.36	0.27
Sodium, Na	mg	--	--	25	19
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	48.0	35.8
Vitamin A, IU	IU	--	--	5000	3731
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0
Amino Acids					
Other					