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## 1. USDA National Nutrient Database for Standard Reference

USDA National Nutrient Database for Standard Reference Release 27

Basic Report 09181, Melons, cantaloupe, raw

Report Date: June 18, 2015 03:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, balls 177g	1 cup, cubes 160g	1 cup, diced 156g	1 melon, large (about 6-12" dia) 814g	1 wedge, large (1/8 of large melon) 102g	1 melon, medium (about 5" dia) 552g	1 wedge, medium (1/8 of medium melon) 69g	1 melon, small (about 4-1/4" dia) 441g	1 wedge, small (1/8 of small melon) 55g	10.0 cantaloupe balls 138g	1 NLEA serving 134g
<b>Proximates</b>													
Water	g	90.15	159.57	144.24	140.63	733.82	91.95	497.63	62.20	397.56	49.58	124.41	120.80
Energy	kcal	34	60	54	53	277	35	188	23	150	19	47	46
Protein	g	0.84	1.49	1.34	1.31	6.84	0.86	4.64	0.58	3.70	0.46	1.16	1.13
Total lipid (fat)	g	0.19	0.34	0.30	0.30	1.55	0.19	1.05	0.13	0.84	0.10	0.26	0.25
Carbohydrate, by difference	g	8.16	14.44	13.06	12.73	66.42	8.32	45.04	5.63	35.99	4.49	11.26	10.93
Fiber, total dietary	g	0.9	1.6	1.4	1.4	7.3	0.9	5.0	0.6	4.0	0.5	1.2	1.2
Sugars, total	g	7.86	13.91	12.58	12.26	63.98	8.02	43.39	5.42	34.66	4.32	10.85	10.53
<b>Minerals</b>													
Calcium, Ca	mg	9	16	14	14	73	9	50	6	40	5	12	12
Iron, Fe	mg	0.21	0.37	0.34	0.33	1.71	0.21	1.16	0.14	0.93	0.12	0.29	0.28
Magnesium, Mg	mg	12	21	19	19	98	12	66	8	53	7	17	16
Phosphorus, P	mg	15	27	24	23	122	15	83	10	66	8	21	20
Potassium, K	mg	267	473	427	417	2173	272	1474	184	1177	147	368	358
Sodium, Na	mg	16	28	26	25	130	16	88	11	71	9	22	21
Zinc, Zn	mg	0.18	0.32	0.29	0.28	1.47	0.18	0.99	0.12	0.79	0.10	0.25	0.24
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	36.7	65.0	58.7	57.3	298.7	37.4	202.6	25.3	161.8	20.2	50.6	49.2
Thiamin	mg	0.041	0.073	0.066	0.064	0.334	0.042	0.226	0.028	0.181	0.023	0.057	0.055
Riboflavin	mg	0.019	0.034	0.030	0.030	0.155	0.019	0.105	0.013	0.084	0.010	0.026	0.025
Niacin	mg	0.734	1.299	1.174	1.145	5.975	0.749	4.052	0.506	3.237	0.404	1.013	0.984
Vitamin B-6	mg	0.072	0.127	0.115	0.112	0.586	0.073	0.397	0.050	0.318	0.040	0.099	0.096
Folate, DFE	µg	21	37	34	33	171	21	116	14	93	12	29	28
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	169	299	270	264	1376	172	933	117	745	93	233	226