

Basic Report 09326, Watermelon, raw

Report Date:March 27, 2014 12:23 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1.0 cup, balls 154g	0.5 cup, diced 76g	1.0 melon (15" long x 7-1/2" dia) 4,518g	1.0 wedge (approx 1/16 of melon) 286g	10.0 watermelon balls 122g	1.0 NLEA serving 280g
Proximates								
Water	g	91.45	140.83	69.50	4131.71	261.55	111.57	256.06
Energy	kcal	30	46	23	1355	86	37	84
Protein	g	0.61	0.94	0.46	27.56	1.74	0.74	1.71
Total lipid (fat)	g	0.15	0.23	0.11	6.78	0.43	0.18	0.42
Carbohydrate, by difference	g	7.55	11.63	5.74	341.11	21.59	9.21	21.14
Fiber, total dietary	g	0.4	0.6	0.3	18.1	1.1	0.5	1.1
Sugars, total	g	6.20	9.55	4.71	280.12	17.73	7.56	17.36
Minerals								
Calcium, Ca	mg	7	11	5	316	20	9	20
Iron, Fe	mg	0.24	0.37	0.18	10.84	0.69	0.29	0.67
Magnesium, Mg	mg	10	15	8	452	29	12	28
Phosphorus, P	mg	11	17	8	497	31	13	31
Potassium, K	mg	112	172	85	5060	320	137	314
Sodium, Na	mg	1	2	1	45	3	1	3
Zinc, Zn	mg	0.10	0.15	0.08	4.52	0.29	0.12	0.28
Vitamins								
Vitamin C, total ascorbic acid	mg	8.1	12.5	6.2	366.0	23.2	9.9	22.7
Thiamin	mg	0.033	0.051	0.025	1.491	0.094	0.040	0.092
Riboflavin	mg	0.021	0.032	0.016	0.949	0.060	0.026	0.059
Niacin	mg	0.178	0.274	0.135	8.042	0.509	0.217	0.498
Vitamin B-6	mg	0.045	0.069	0.034	2.033	0.129	0.055	0.126
Folate, DFE	µg	3	5	2	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	21	1265	80	34	78
Vitamin A, IU	IU	569	876	432	25707	1627	694	1593
Vitamin E (alpha-tocopherol)	mg	0.05	0.08	0.04	2.26	0.14	0.06	0.14
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.1	0.2	0.1	4.5	0.3	0.1	0.3
Lipids								
Fatty acids, total saturated	g	0.016	0.025	0.012	0.723	0.046	0.020	0.045
Fatty acids, total monounsaturated	g	0.037	0.057	0.028	1.672	0.106	0.045	0.104
Fatty acids, total polyunsaturated	g	0.050	0.077	0.038	2.259	0.143	0.061	0.140
Cholesterol	mg	0	0	0	0	0	0	0
Other								
Caffeine	mg	0	0	0	0	0	0	0