

CANTALOUPE



Can you list the other types of melons?

Which one is your favorite type of melon?

PRODUCE PARTICULARS

Cantaloupe is high in beta-carotene, a natural pigment that gives both cantaloupe and carrots their orange color.



Cantaloupes are about 90% water and provide a delicious way to stay hydrated. They also provide potassium, an electrolyte that supports healthy hydration.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 35

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 8g 3%

Dietary Fiber 1g 3%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.2mg 2%

Potassium 270mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Melons, Cantaloupe, Raw

FRESHEALTH