

## Melons, Watermelons

### Serving Size

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grams

Amount Per Serving

**Calories** **45**

\_\_\_\_\_ **% Daily Value** \*

**Total Fat** 0 g **0%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 0 mg **0%**

**Sodium** 0 mg **0%**

**Total Carbohydrate** 11 g **4%**

Dietary Fiber 1 g **2%**

Total Sugars 9 g

Includes 0 g Added Sugars **0%**

**Protein** 1 g

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Vitamin D 0 mcg **0%**

Calcium 11 mg **0%**

Iron 0.36 mg **2%**

Potassium 170 mg **4%**

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\*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.

**Allergens:**

**Ingredients:**

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