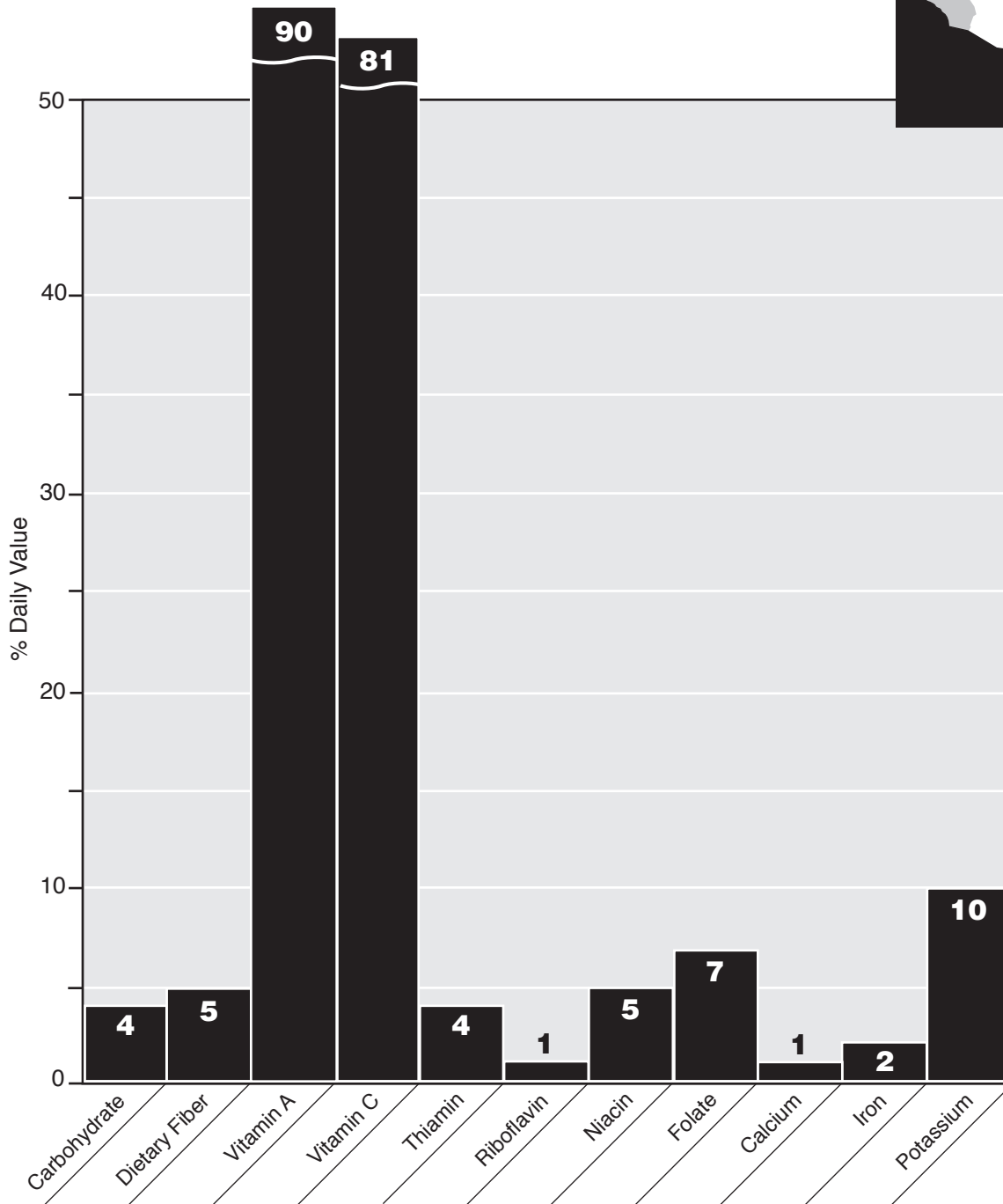


Cantaloupe

Cucurbitaceae *Cucumis melo*

(analysis based on *peeled* raw cantaloupe)



Serving Size

- $\frac{1}{4}$ Medium Cantaloupe
- 132 Grams
- 45 Calories
 - 5% from fat
 - 8% from protein
 - 86% from carbohydrate
- 1 Gram Protein
- 11 Grams Carbohydrate
 - 1 gram dietary fiber
- 0.3 Gram Fat
- 119 Grams Water
- 21 Milligrams Sodium

