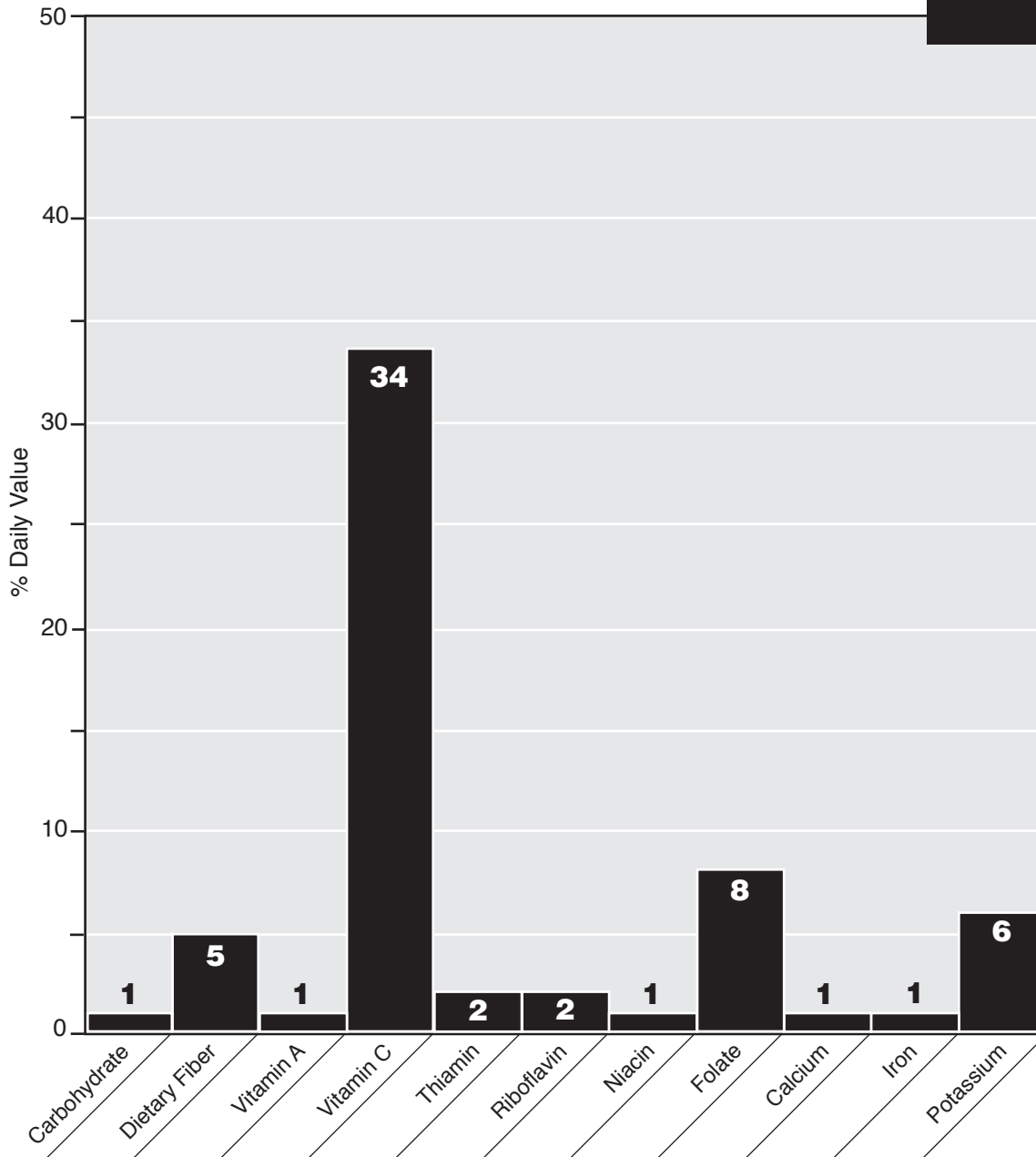


Chinese Bitter Melon

Cucurbitaceae *Momordica charantia*

(analysis based on boiled, drained Chinese bitter melon)

IMPORTED



Serving Size

- 1/2 Cup Chopped
- 62 Grams
- 12 Calories
 - 8% from fat
 - 11% from protein
 - 81% from carbohydrate
- 1 Gram Protein
- 3 Grams Carbohydrate
 - 1 gram dietary fiber
- 0.1 Gram Fat
- 58 Grams Water
- 4 Milligrams Sodium

