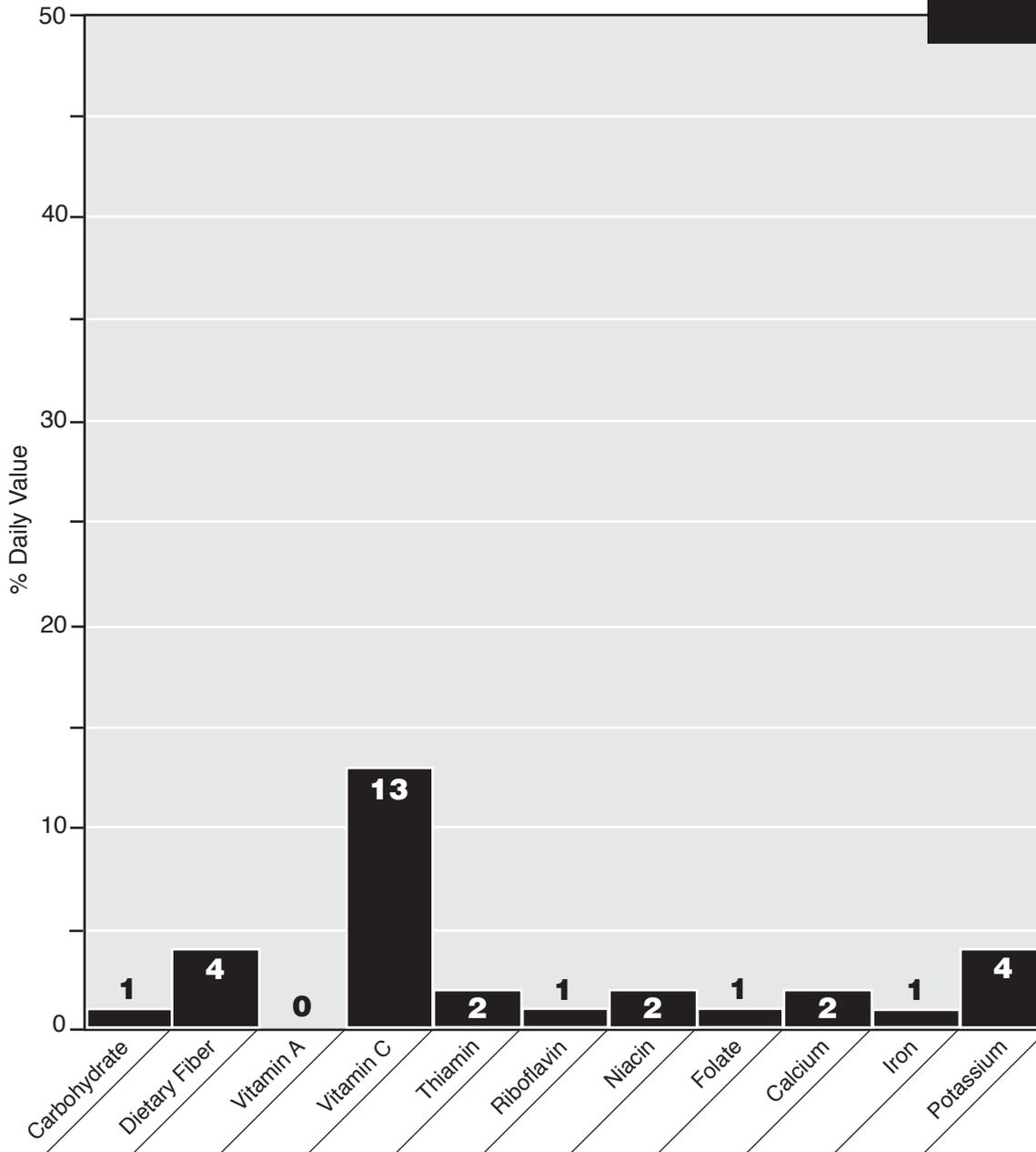


Chinese Winter Melon

Cucurbitaceae *Benincasa hispida*

(analysis based on *peeled* boiled, drained Chinese winter melon)

IMPORTED



Serving Size

- 1/2 Cup Chopped
- 88 Grams
- 13 Calories
 - 1% from fat
 - 10% from protein
 - 89% from carbohydrate
- 1 Gram Protein
- 3 Grams Carbohydrate
 - 1 gram dietary fiber
- ▲ Gram Fat
- 84 Grams Water
- 2 Milligrams Sodium

▲ Trace

