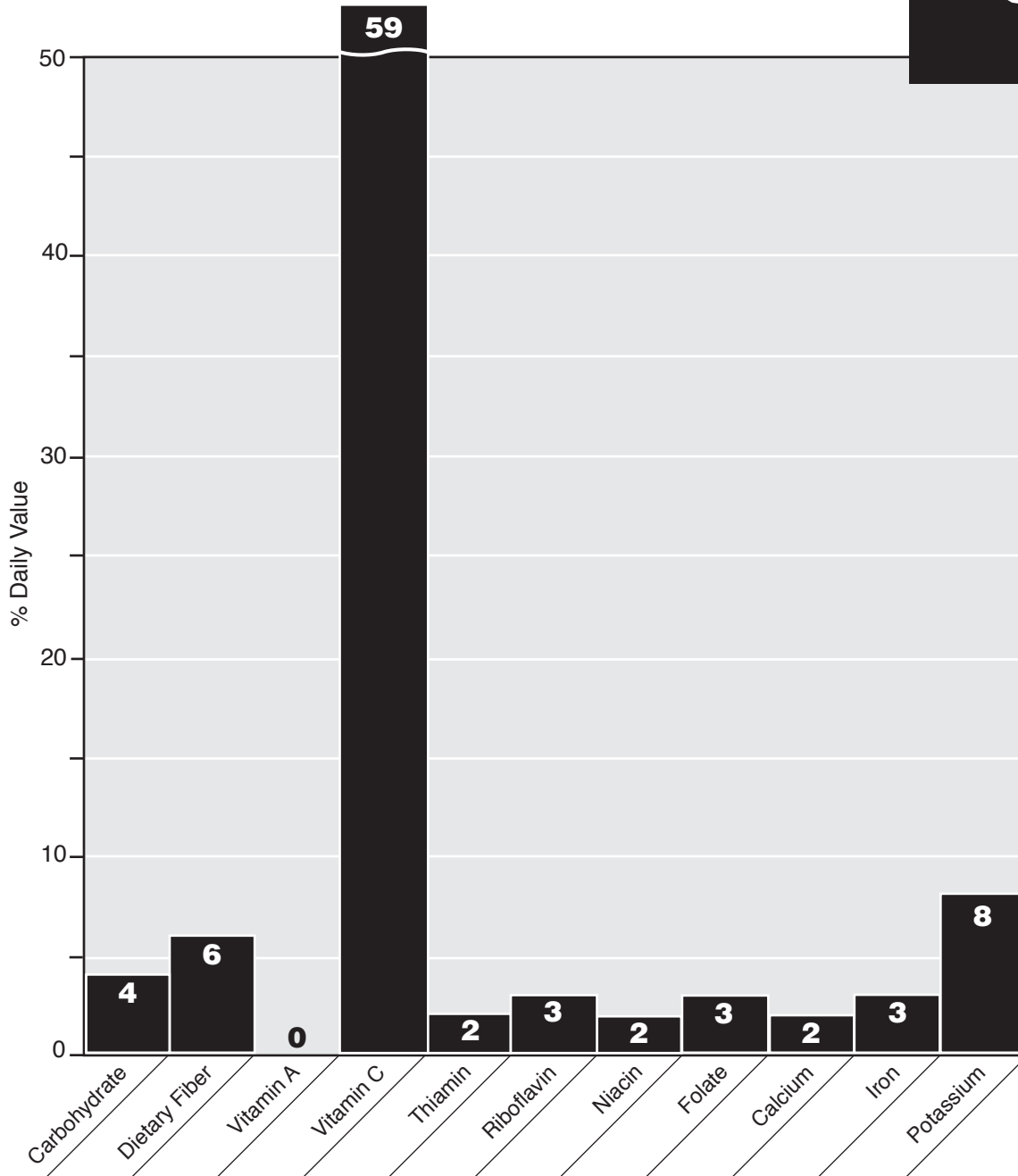


Melon Varieties

Cucurbitaceae *Cucumis melo*

(analysis based on *peeled* raw casaba melon)

Pictured clockwise from top right: casaba, venus honeydew, orange-fleshed honeydew, juane canari, honeydew melons



Serving Size

- $\frac{1}{10}$ Casaba Melon
- 163 Grams
- 46 Calories
 - 3% from fat
 - 13% from protein
 - 84% from carbohydrate
- 2 Grams Protein
- 11 Grams Carbohydrate
 - 2 grams dietary fiber
- 0.2 Gram Fat
- 150 Grams Water
- 15 Milligrams Sodium

