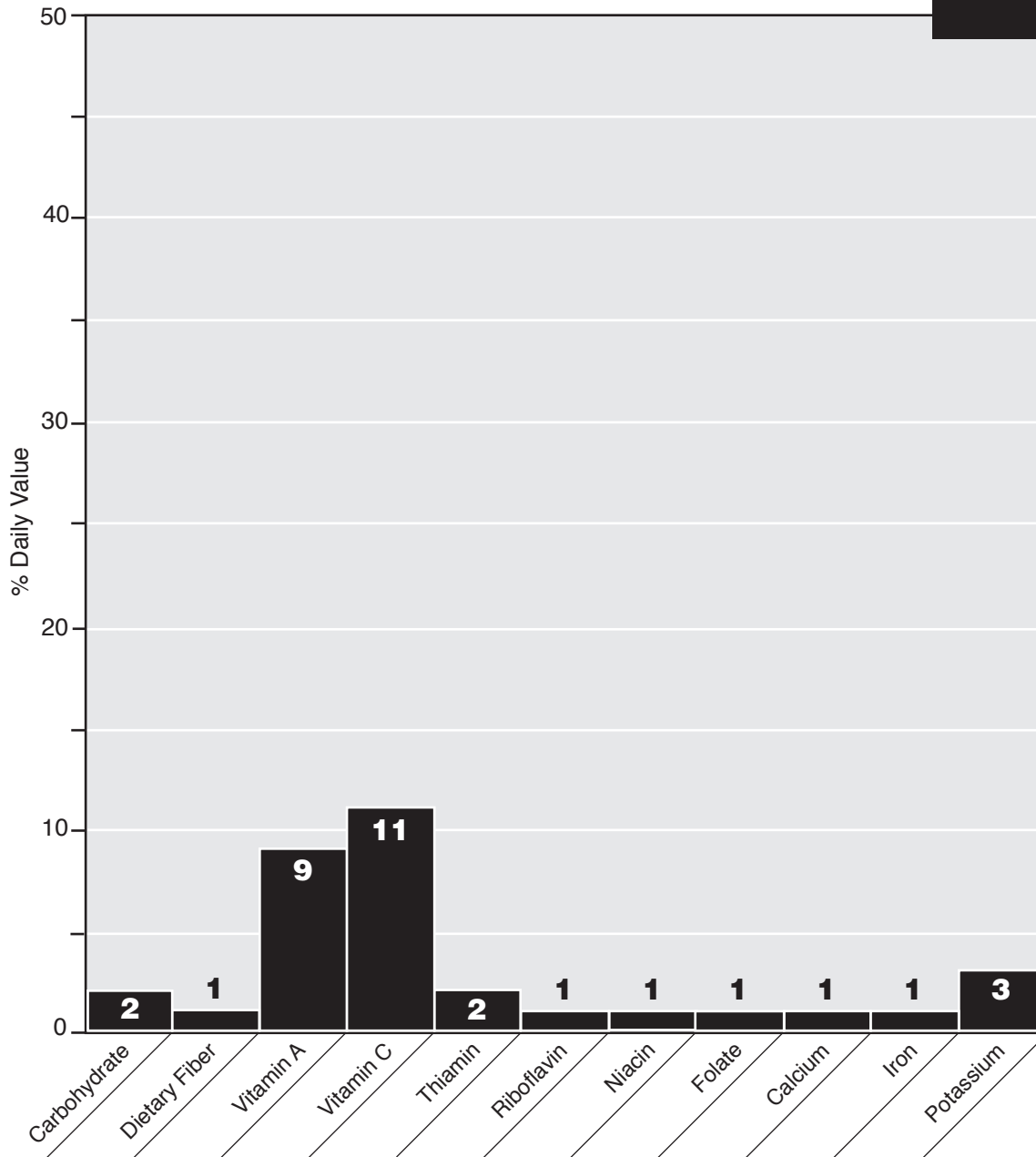
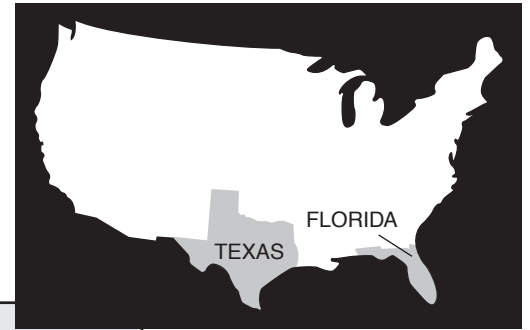


Watermelon

Cucurbitaceae *Citrullus lanatus*

(analysis based on *peeled* raw watermelon)

Pictured from top: seeded watermelon, seedless watermelon



Serving Size

- 1/2 Cup Chopped
- 80 Grams
- 24 Calories
 - 4% from fat
 - 7% from protein
 - 90% from carbohydrate
- 0.5 Gram Protein
- 6 Grams Carbohydrate
 - 0.3 grams dietary fiber
- 0.1 Gram Fat
- 73 Grams Water
- 1 Milligram Sodium

