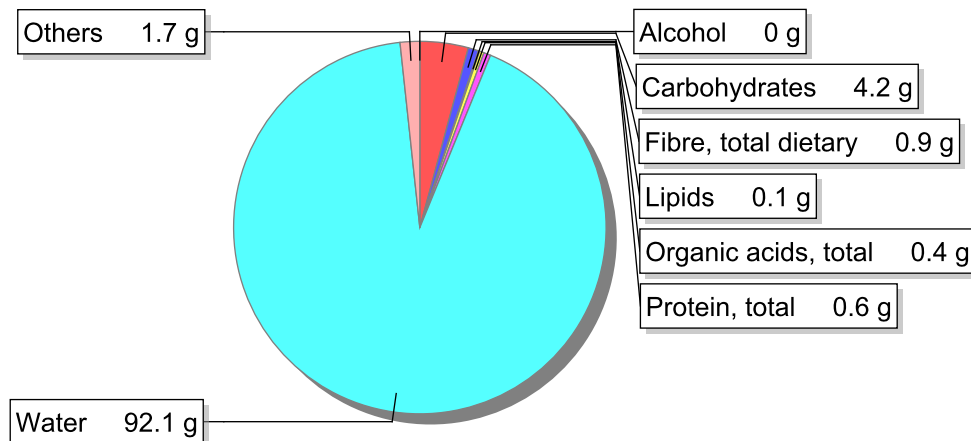


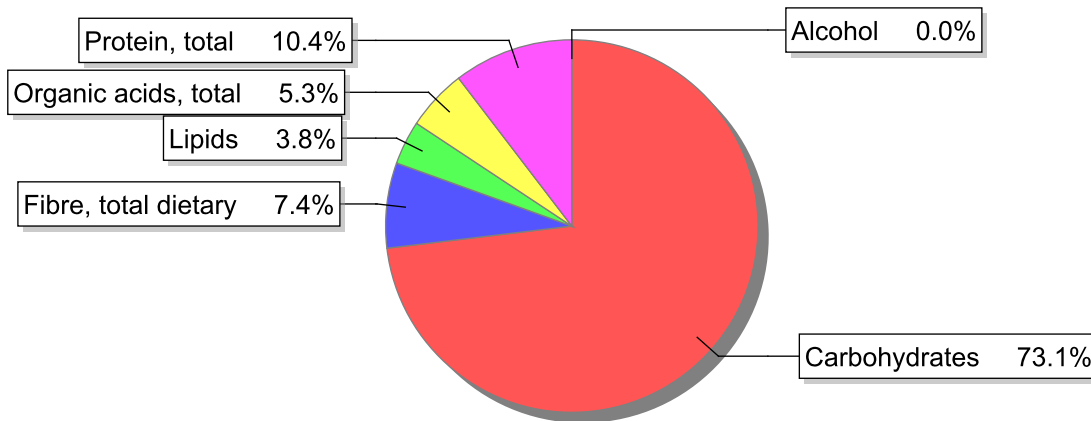
Food

Name: Cantaloupe
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 59%
Code: IS675
FoodEX2 Code: A00KF

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	23	kcal	
energy kJ, total metabolisable	98	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	4.2	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.0	g	
starch, total	0	g	
protein, total	0.6	g	
alcohol	0	g	
water	92.1	g	
organic acids, total	0.4	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	167	µg	
carotene, total (vitamin A precursors)	1000	µg	
vitamin D	0	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.04	mg	
riboflavin	0.02	mg	
niacin, preformed	0.6	mg	
niacin equivalents, total	0.6	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0.11	mg	
vitamin B-12	0	µg	
vitamin C	26	mg	
folate, total	5	µg	
ash	0.68	g	
sodium	8	mg	
potassium	210	mg	
calcium	20	mg	
phosphorus	13	mg	
magnesium	11	mg	
iron, total	0.3	mg	
zinc	0	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References