

## Nutritional tables for melon

### Honeydew

Nutrient	Amount Per Serving	% Daily Value
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	35mg	1%
Total Carbohydrate	13g	4%
Dietary Fibre	1g	
Sugars	12g	
Protein	1g	
Vitamin A		2%
Vitamin C		45%
Calcium		0%
Iron		2%

Serving Size: 130g

### Watermelon

Nutrient	Amount Per Serving	% Daily Value
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrate	27g	9%
Dietary Fibre	2g	
Sugars	25g	
Protein	1g	
Vitamin A		20%
Vitamin C		25%
Calcium		2%
Iron		4%

Serving Size: 2 cups diced (280g)

### Rockmelon

Nutrient	Amount Per Serving	% Daily Value
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	25mg	1%
Total Carbohydrate	12g	4%
Dietary Fibre	1g	
Sugars	11g	
Protein	1g	
Vitamin A		2%
Vitamin C		80%
Calcium		2%
Iron		2%

Serving Size: 130g