

Nutrition Facts

Cantaloupe Serving size (100g)

Amount Per Serving

Calories **35**

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% Daily Value*

Total Fat 0g 0%

Saturated Fat 0.05g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 8g 3%

Dietary Fiber 1g 4%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein < 1g 2%

Vitamin D 0mcg 0%

Calcium 9mg 0%

Iron 0.2mg 2%

Potassium 0mg 0%

Vitamin A 20%

Vitamin C 40%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.