

Nutrition Facts

Muskmelon Serving size (177g)

Amount Per Serving

Calories **60**

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% Daily Value*

Total Fat 0g 0%

Saturated Fat 0.1g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 14g 5%

Dietary Fiber 2g 7%

Total Sugars 14g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 13mg 0%

Iron 0.36mg 2%

Potassium 611mg 15%

Vitamin A 120%

Vitamin C 110%

Magnesium 4%

*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.