

Nutrition Facts

Watermelon **Serving size (100g)**

Amount Per Serving

Calories

30

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% Daily Value*

Total Fat 0g	0%
Saturated Fat 0.16g	1%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber < 1g	2%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein < 1g	1%
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0.24mg	2%
Potassium 0mg	0%
Vitamin A	4%
Vitamin C	8%

*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.