

**Food ID:** E061**Food name and Description:** Melon**Scientific name:** *Cucumis melo***Alternate/Common name(s):** Milon**Edible portion:** 68%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	94.1
Energy, calculated (kcal)	23
Protein (g)	0.5
Total Fat (g)	0.3
Carbohydrate, total (g)	4.8
Ash, total (g)	0.5

**Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.6
Sugars, total (g)	4

**Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	21
Phosphorus, P (mg)	20
Iron, Fe (mg)	0.5
Sodium, Na (mg)	11

**Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	753
Retinol Activity Equivalent, RAE (µg)	63
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	28

**Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0.1
Cholesterol (mg)	0