

# Watermelon

## Nutrition Facts

1 serving per container

**Serving size**

**about 2 cups, diced (280g)**

**Amount Per Serving**

**Calories**

**80**

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 21g **8%**

Dietary Fiber 1g **4%**

Total Sugars 17g

Includes 0g Added Sugars **0%**

**Protein** 2g

Vitamin D 0mcg **0%**

Calcium 20mg **2%**

Iron 0.7mg **4%**

Potassium 310mg **6%**

Vitamin A 80mcg **8%**

Vitamin C 23mg **25%**

\* 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.

**INGREDIENTS: WATERMELON, RAW**