



the TIDES

COMMODITY TRADING GROUP

NUTRITIONAL Cantaloupe Balls

Nutrients	Amount per 100 gms
Calories	34
Proteins (gms)	0.8
Carbohydrates (gms)	8.2
Fat (gms)	0.2
Saturated Fatty Acids (gms)	0.05
Unsaturated Fatty Acids (gms)	0.1
Moisture (gms)	90.1
Fiber (gms)	0.9
Cholesterol (mgs)	0
Vitamin A (IU)	3382
Vitamin C (mgs)	36.7
Thiamin (mgs)	0.04
Riboflavin (mgs)	0.02
Niacin (mgs)	0.7
Sodium (mgs)	16
Calcium (mgs)	9.0
Potassium (mgs)	267
Iron (mgs)	0.2
Phosphorus (mgs)	15.0

For information purposes only.

The Tides Commodity Trading Group cannot guarantee the specific accuracy of the data herein.