

Nutrition of selected melon and plants for reptiles



	Watermelon	Cantelopo	Honey Dew	Pumpkin	Casaba	Gourd, calabash	Yucca * by wt	Fig *by wt	Leeks	Hibiscus* by wt
1/2 cup raw, serving weight (g)	76	80	85	58	85	58	50	50	44.5	50
Water (g)	69.50	72.12	76.35	53.13	78.07	55.41	1.4	39.56	36.94	44.82
Energy (kcal)	23	27	31	15	24	8	258	37	27	18
Protein (g)	0.46	0.67	0.46	0.58	0.94	0.36	0.57	0.38	0.67	0.22
Fat, total lipid (g)	0.11	0.15	0.12	0.06	0.08	0.01	12.96	0.15	0.13	0.32
Carbohydrate (g)	5.74	6.53	7.73	3.77	5.59	1.97	34.62	9.59	6.30	3.70
Fiber, total dietary (g)	0.3	0.7	0.7	0.3	0.8	0.3	1.8	1.4	0.8	0.2
Sugars, total (g)	4.71	6.29	6.90	0.79	4.84		1.68	8.13	1.74	3.0
Calcium (mg)	5	7	5	12	9	15	26	18	26	0
Iron (mg)	0.18	0.17	0.14	0.46	0.29	0.12	0.36	0.18	0.93	4.32
Magnesium (mg)	8	10	8	7	9	6	23	8	12	0
Phosphorous (mg)	8	12	9	26	4	8	50	7	16	2
Potassium (mg)	85	214	194	197	155	87	434	116	80	4
Sodium (mg)	1	13	15	1	8	1	148	0	9	2
Zinc (mg)	0.08	0.14	0.08	0.19	0.06	0.41	0.42	0.08	0.05	0.06
Vitamin C, ascorbid acid (mg)	6.2	29.4	15.3	5.2	18.5	5.9		1	5.3	9.2
Thiamin (mg)	0.025	0.033	0.032	0.029	0.013	0.017	0.025	0.030	0.027	0.640
Riboflavin (mg)	0.016	0.015	0.010	0.064	0.026	0.013	0.014	0.025	0.013	0.050
Niacin (mg)	0.135	0.587	0.355	0.348	0.197	0.186	0.598	0.200	0.178	0
Vitamin B-6 (mg)	0.034	0.058	0.075	0.035	0.139	0.023	0.065	0.056	0.104	0
Folate, total (mcg)	2	17	16	9	7	3		3	28	0
Vitamin B-12 (mcg)	0	0	0	0	0	0		0	0	0
Vitamin A (mcg)	21	135	3	214	0	9		4	37	8
Vitamin E (mg)	0.04	0.04	0.02	0.61	0.04	0	1.39	0.06	0.41	0
Vitamin D (D2+D3) (mcg)	0	0	0	0	0	0		0	0	0
Vitamin K (mcg)	0.1	2.0	2.5	0.6	2.1		2.6	2.4	20.9	0
Fatty acids, total saturated (g)	0.012	0.041	0.032	0.030	0.021	0.001	4.344	0.030	0.018	0.134
Fatty acids, total monosaturat (g)	0.028	0.002	0.003	0.008	0.002	0.002	3.722	0.033	0.002	0.042
Fatty acids, total polysaturate (g)	0.038	0.065	0.050	0.003	0.033	0.005	3.46	0.072	0.074	0.018
Cholesterol (mg)	0	0	0	0	0	0		0	0	0

Source: USDA Nutrient Data Laboratory

Figures based on 1/2 cup serving cubed melon, or by weight as indicated