

CANTALOUPE

Fresh Fruit & Vegetable Program



Nutrition Facts

Serving Size 1/4 medium melon (134g)

Calories 50	% Daily Value
Total Fat 0g	0%
Sodium 20mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%

Protein 1g

Health Benefits

- Loaded with vitamin C (87% in 1 cup) and vitamin A (43% in 1 cup).
- High in folate which is essential for new cell growth.
- Contains potassium which can help prevent muscle cramping during exercise.

DIFFERENT USES

- Smile wedges: scoop out the inside and slice into large smile shaped wedges.
- Puree and use in sorbet, ice cream, or smoothies.
- Mix cut up melon with your other favorite fruits for a colorful fruit salad.
- Thread cubes of melon and other favorite fruit on skewers. Serve with yogurt dip and enjoy!

FUN FACT

- The largest cantaloupe on record was 63 pounds, about the size of an average 4th grader.
- Muskmelon is another name for cantaloupe.
- Cantaloupes received their name from Cantalupo, Italy.
- The European cantaloupe has a smooth gray-green skin while the American cantaloupe has a tough net-like skin.
- 10-15 bee visits are needed on average for proper pollination and large melons.