NUTRITIONAL GUIDANCE:Watermelon Seed

Serving Size: 100g

Nutritional Information is derived from Genesis R&D nutritional analysis software, version 11.6 from calculated values. Actual values will vary within natural products. Values listed are to aid development work and should not be used to determine end product labels. Customers should conduct further analysis of their final products as required by 21CFR101.9.

Calories	404.00 kcal	Niacin Equiv.	-- mg
Protein	22.66 g	Vitamin B6	-- mg
Carbohydrates	61.73 g	Vitamin B12	-- mcg
Sugars	1.71 g	Folate	-- mcg
Added Sugars	0.00 g	Pantothenic Acid	-- mg
Dietary Fiber	60.78 g	Vitamin C	-- mg
Fat - Total	7.37 g	Vitamin D	0.00 mcg
Saturated Fat	1.47 g	Vitamin E	-- mg
Mono Fat	0.98 g	Calcium	92.40 mg
Poly Fat	4.91 g	Copper	-- mg
Cholesterol	0.00 mg	Iron	6.62 mg
Ash	3.42 g	Magnesium	394.00 mg
Water	4.82 g	Manganese	-- mg
Vitamin A - RAE	-- mcg	Phosphorus	734.00 mg
A-Retinol	-- RE	Potassium	754.00 mg
A-Carotenoid	-- RE	Selenium	-- mcg
Thiamin - B1	-- mg	Sodium	78.70 mg
Riboflavin - B2	-- mg	Zinc	5.28 mg
Niacin - B3	-- mg	Trans Fatty Acids	0.00 g

Values reviewed on 08/16/2019. Contact your account representative to ensure most recent copy.

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