

WATERMELON

100% Made in Italy

Large Caliber

Thirst-quenching and refreshing, watermelon is the quintessential summer fruit. Composed of more than 90 percent water, it is ideal for hydration and rich in lycopene, a powerful natural antioxidant.



| Nutrient | Value | Nutrient | Value |
|---------------|---------|--------------------|--------|
| Energy | 30 kcal | Water | 91,4 g |
| Protein | 0,6 g | Lipids | 0,2 g |
| Carbohydrates | 7,6 g | Soluble sugars | 6,2 g |
| Total fiber | 0,4 g | Calcium | 7 mg |
| Phosphorus | 11 mg | Iron | 0.2 mg |
| Vitamin C | 8 mg | Vitamin A ret. eq. | 28 µg |



REGISTERED OFFICE: Viale Piemonte, 66 - 04022 Fondi (LT)

FONDI MARKET: Via Mola Santa Maria - 04022 Fondi (LT)

ROME GENERAL MARKET: CAR Via tenuta del Cavaliere 1 - Stand 101 00012 Guidonia Montecelio (RM)

maxifrutta90@gmail.com