WATERMELON

Description

Watermelon provides vitamins A and C, potassium and magnesium. Vitamins A and C are antioxidants that may help reduce the risk of heart disease and some cancers. They also work independently as vitamin A helps maintain eye health and vitamin C helps the skin heal from wounds and can support our immune system. Potassium helps maintain healthy blood pressure levels and magnesium helps build and maintain strong, healthy bones.

Selection

Choose a watermelon with a smooth surface and a yellow underside. The watermelon should feel heavy for its size. Examine the melon and choose one that is free from cuts or dents.

Storing

Whole watermelons should be stored at room temperature unless purchased cold, in which case the melon should be kept cold. Once cut, watermelon will hold in the refrigerator for 3 to 4 days.

Should I wash my watermelon?

It would be best to clean the watermelon under cold, running water.

Recipe of the Month

Watermelon Sorbet

Ingredients:

- 2 cups cubed watermelon
- ½ lime, juiced

Directions

- Cut watermelon into 1-inch cubes and freeze overnight on a parchment lined baking sheet.
- Once frozen solid, transfer to a food processor, add lime juice, and blend until it is a smooth consistency.
- Serve immediately.

* Optional add-ins include simple syrup for a sweeter sorbet or a pinch of salt to enhance the flavor of the watermelon.

Nutrition Facts

1 servings per container

Serving size	1 cup diced watermelon

Amount per serving

Calories 45

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0mg	0%
Potassium 170mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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