

Calorie chart: melons (PDF)

Calories, protein, carbohydrate and fat for 6 foods, per serving and per 100 g.
Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Cantaloupe	1 cup, cubes (160 g)	54	34	0.8	8.2	0.2
Casaba Melon	1 cup, cubes (170 g)	48	28	1.1	6.6	0.1
Frozen Melon Balls	1 cup, unthawed (173 g)	57	33	0.8	7.9	0.3
Honeydew	1 cup, diced (approx 20 pieces per cup) (170 g)	61	36	0.5	9.1	0.1
Horned Melon	1 fruit (4-2/3" long x 2-3/4" dia) (209 g)	92	44	1.8	7.6	1.3
Watermelon	1 cup, diced (152 g)	46	30	0.6	7.6	0.2

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight.
Interactive tables and Nutrition Facts labels: <https://nutritionfactlabel.com/nutrition-database/melons/>