

watermelon nutrition

1. Noun
2. Adjective
3. Adjective
4. Verb - Present Tense
5. Noun
6. Verb - Past Participle
7. Proper Noun
8. Verb - Past Participle
9. Preposition Or Subordinating Conjunction
10. Noun
11. Adjective
12. Proper Noun
13. Noun
14. Preposition Or Subordinating Conjunction
15. Adjective
16. Noun
17. Adjective
18. Noun
19. Determiner
20. Determiner
21. Adjective
22. Verb - 3Rd Person Singular Present
23. Noun

24. Noun

25. Noun - Plural

26. Adjective

27. Noun

28. Noun

29. Adjective

30. Noun - Plural

watermelon nutrition

A watermelon contains about 6% sugar and 91% water by weight. As with many other fruits, it is a good source of Noun C. It is also Adjective in vitamin A and potassium while being low in fat, cholesterol and sodium.[16]

Watermelon rinds Adjective also edible, but most Verb - Present Tense avoid eating them due to their unappealing flavor. They are used for making pickles,[17] and sometimes used as a Noun. [8] The seeds have a nutty flavour and can be Verb - Past Participle and roasted, or ground into flour.[8] In Proper Noun, the seeds are esteemed and Verb - Past Participle Preposition or subordinating conjunction almonds are in the west, being consumed with other seeds at Chinese New Year celebrations.[18] The Noun is Adjective, stewed or more often pickled,[19] and pickled watermelon rind is also sometimes eaten in the Southern US.[20] Proper Noun juice can be made into Noun, on its own or blended Preposition or subordinating conjunction other fruits.[21] An Adjective treat called a "hard watermelon" is made by pouring liquor into a Noun in the rind of a whole fruit, and then eating the alcohol-permeated flesh.[19]

The amino-acid Adjective was first Noun from watermelon and analyzed.[Determiner] Determiner contain a significant amount of citrulline and after Adjective of several kilograms, an Verb - 3rd Person Singular Present concentration is Noun in Noun blood plasma; this could be mistaken

for citrullinaemia or other urea cycle disorders.[23] Watermelon is mildly diuretic[24] and contains large amounts of Noun - Plural . [25] Watermelon with red flesh is a Adjective source of Noun . Preliminary research indicates the Noun of watermelon may have antihypertensive effects.[26] The seed oil has Adjective Noun - Plural . [8]