



# Piel de Sapo Melon



Nutrition Facts			
Serving Size 1/6 medium head (99g)			
Amount Per Serving			
Calories 25	Calories from Fat 0		
% Daily Value*			
<b>Total Fat</b> 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g	0%		
<b>Cholesterol</b> 0mg	0%		
<b>Sodium</b> 30mg	1%		
<b>Total Carbohydrate</b> 5g	2%		
Dietary Fiber 2g	8%		
Sugars 2g			
<b>Protein</b> 2g			
Vitamin A 0%	Vitamin C 100%		
Calcium 2%	Iron 2%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

### Fun Facts:

- \* Piel de Sapo means "Toad Skin" in Spanish!
- \* Piel de Sapo melons are usually in season through September, but if wrapped in plastic and kept cold, will last a lot longer than most other melons once picked.
- \* Piel de Sapo melons are in the same family as most other melons and cucumbers!
- \* These melons can grow up to one foot long!
- \* The US, Brazil, Spain and South America are the largest growers of these melons!



### Varieties:

AKA Santa Clause melons, due to their hearty nature that enables them to last up until Christmas under good storage conditions, Piel de Sapo melons are considered a specialty melon, which are available in most supermarkets throughout the summer. Their dark green and yellow oval rinds hide a mild, sweet, honeydew-like flesh within.

### Selection:

Choose melons that are mostly firm yet are slightly soft and fragrant around the ends. This is a good sign of a ripe melon. Avoid broken, overly soft, bruised or dented melons, or melons that exhibit an off odor.

### Storage and Handling:

For best results, store melons in a cool, dry place. Melons can be stored at room temperature for a day or two to soften and sweeten slightly, but they should really be purchased as close to consumption as possible, to ensure freshness. Melons must be washed really well and refrigerated once ripe or cut.

### Nutritional Benefits:

Melons can provide a good supply of Vitamin C and Dietary Fiber.

## Easy Ways To Enjoy Piel de Sapo Melons

- \* Enjoy Piel de Sapo as you would any other melon, simply as is!
- \* These melons have a mild, sweet flavor that makes them a perfect addition to any other mixture of fresh fruit.
- \* Enjoy Piel de Sapo melon as the star of a zesty fruit salsa.
- \* Blend Piel de Sapo melons into a refreshing smoothie!
- \* Piel de Sapo melons are a great compliment to sliced ham and other salty foods.
- \* Piel de Sapo melon can be pureed and frozen into a fabulous fruit ice that will beat the heat any day.

