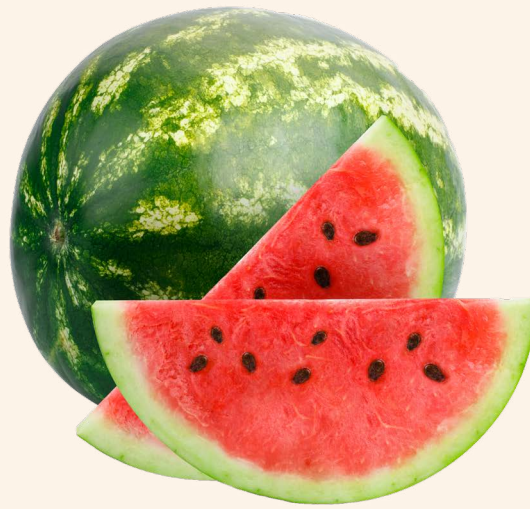


MINI AWATERMELON



DESCRIPTION

Thanks to its high water content (about 95 grams per 100 grams), it has an excellent diuretic action and is considered to be the freshest and most refreshing summer fruit.

Of Egyptian origin, the mini watermelon was later introduced in the Mediterranean, particularly in Turkey, Greece, Italy and Spain.

Mini water melon comes from Egypt

In Italy, most of productions take place in Central Italy, but you can find the best quality in Pachino and Ispica, Sicily.

The Crimson Sweat variety is the most common variety and is marketed from the end of May to July. The fruit has a round shape, a green skin colour with dark green streaks and a deep red, compact and crisp flesh.

PRODUCT CHARACTERISTICS

It consists of 95% water, it is fat-free and has very few calories and sugar content. It is ideal for those on a diet.

It has good amounts of vitamin A, C and lycopene, which is useful to combat free radicals. The presence of mineral salts such as potassium, calcium and sodium allow the body to combat the tiredness of summer.

Thanks to potassium and vitamin C, it has a diuretic and thirst-quenching action.

It fights water retention and hypertension. It is also depurative, diuretic, liver-protective and decongestant.

HOW TO STORE IT

The watermelon can be stored in the lower part of the refrigerator at a temperature of 9 degrees up to 10 days. Once cut, it should be consumed because over-ripening can cause intestinal disorders.

If you keep slices in the fridge, you should place them on the top shelves, wrapped in kitchen film, so as to prevent from water evaporation and smell contamination.

