

WAX GOURD



KONDOT

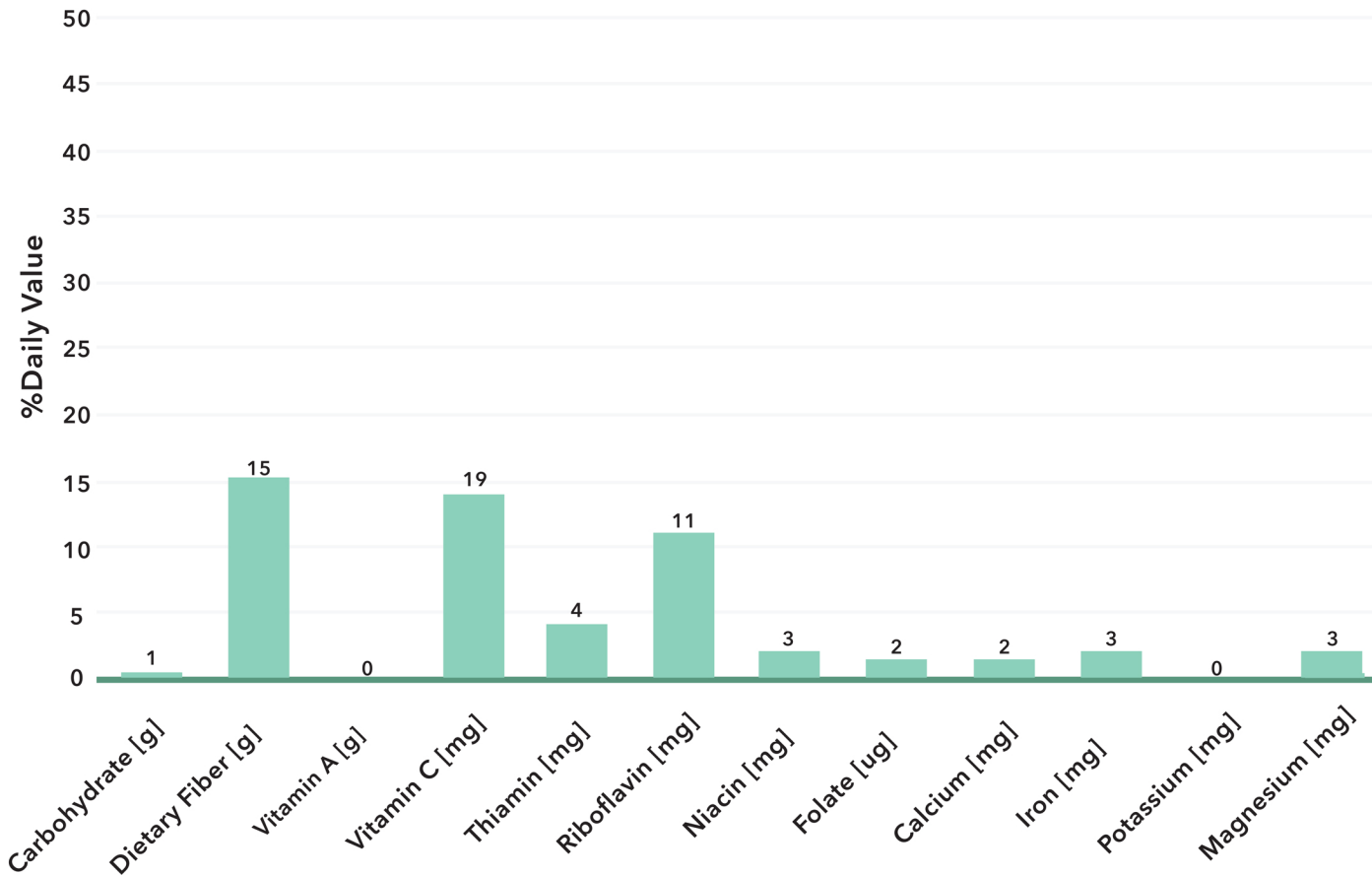
WAX GOURD / KONDOT

Benincasa hispida

(CHamoru Name)

SEASON

Peak availability
year-round
January through
December



DID YOU KNOW?

The wax gourd is sometimes known as 'Chinese winter melon,' yet grows well in warm, mild climates.

Graph based upon USDA database nutrient composition for 1 cup, raw, cubes (132 g)

*PERCENT DAILY VALUE (%DV) IS BASED ON A 2,000 KCAL DIET

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