

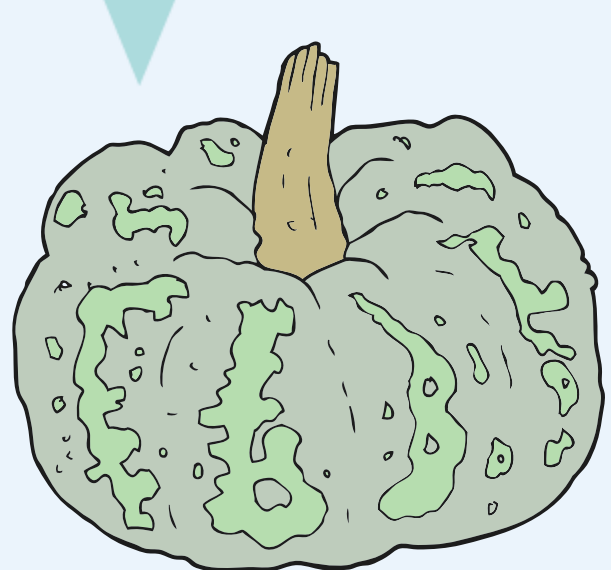


ACORN SQUASH NUTRITION FACTS

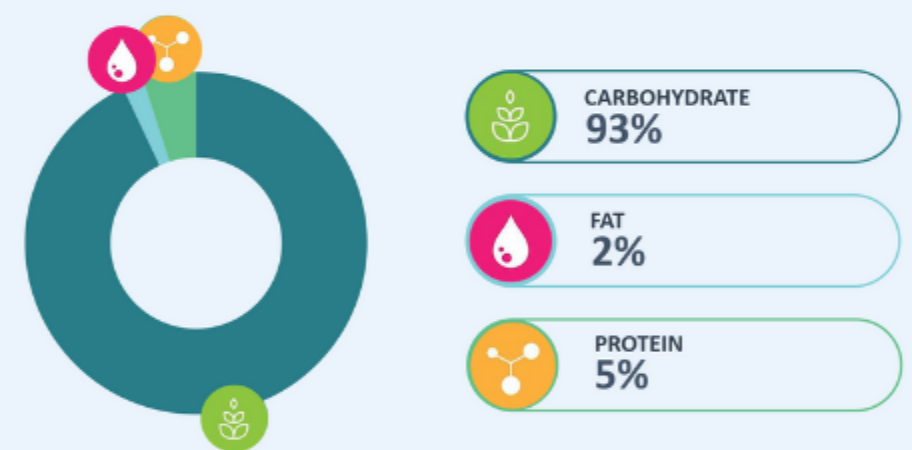


CALORIES 40/100GM

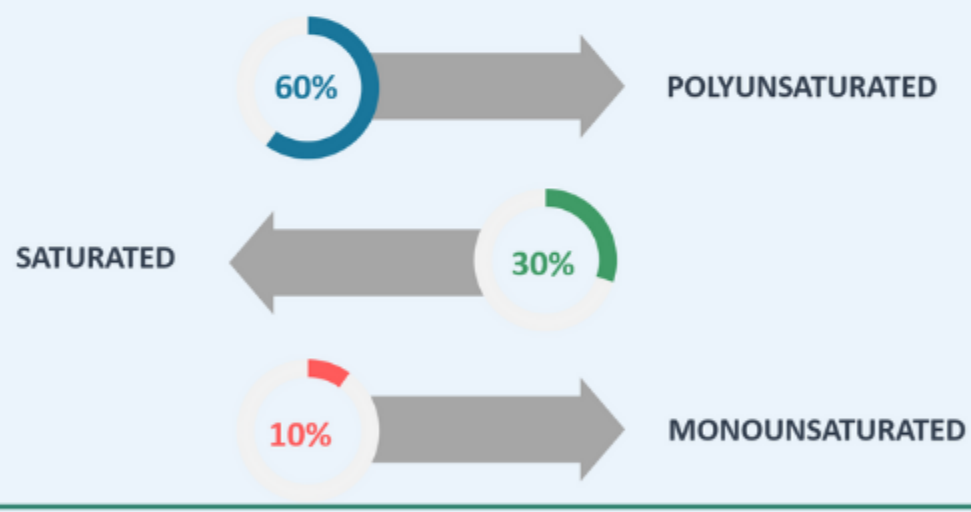
	AMOUNT		AMOUNT
CARBOHYDRATE	10.42 G	NIACIN	0.700 MG
FAT	0.10 G	VITAMIN A	18 MCG
PROTEIN	0.80 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.154 MG
FIBER	1.5 G	VITAMIN C	11 G
RIBOFLAVIN	0.010 MG	VITAMIN D	0.00
SODIUM, NA	3 G	FOLATE	17 MCG
THIAMIN	0.140 MG		



CALORIES BY SOURCE



FATS AND FATTY ACIDS



ACORN SQUASH OTHER NAMES

- PEPPER SQUASH
- DES MOINES SQUASH
- WINTER SQUASH
- CARNIVAL SQUASH (VARIANT)
- GOLDEN SQUASH (VARIANT)

MINERALS

33 MG	CALCIUM, CA	3 % (DV)
0.065MG	COPPER, CU	7 % (DV)
0.70 MG	IRON, FE	4 % (DV)
32 MG	MAGNESIUM, MG	8 % (DV)
0.167 MG	MANGANESE, MN	7 % (DV)
36 MG	PHOSPHORUS, P	5 % (DV)
347 MG	POTASSIUM, K	7 % (DV)
0.13 MG	ZINC, ZN	1 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.