

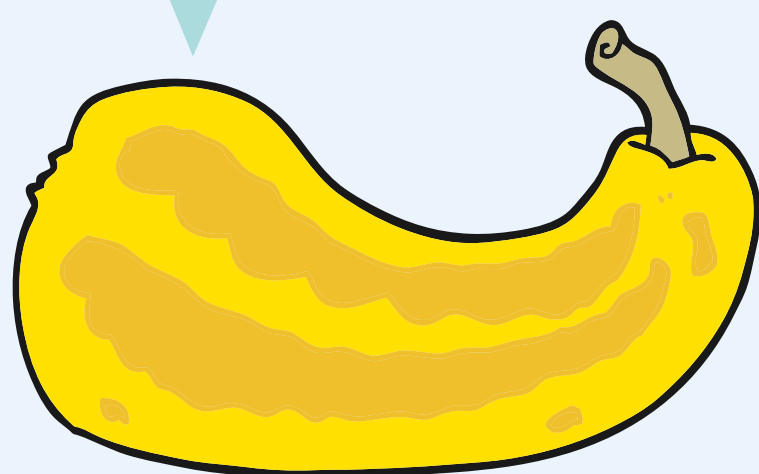


CROOKNECK SQUASH NUTRITION FACTS

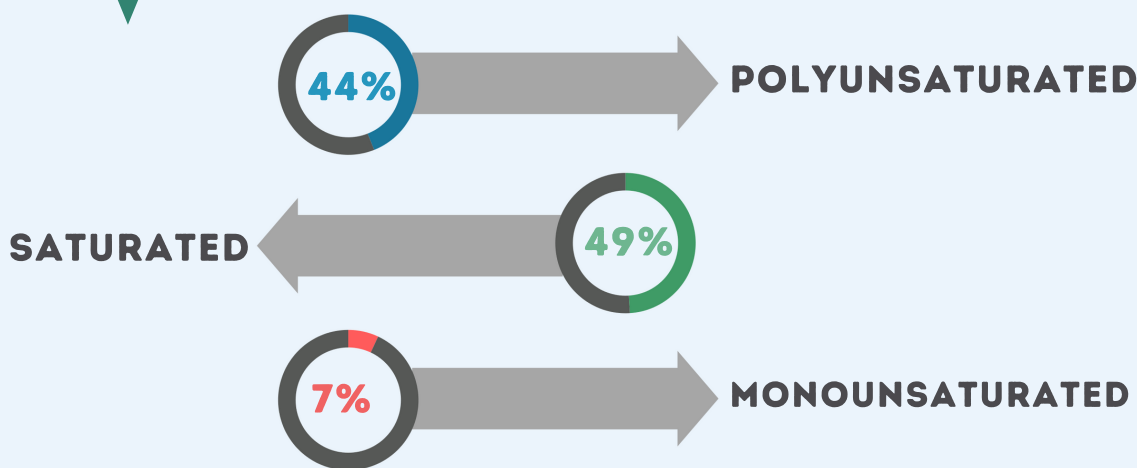


CALORIES 19/100GM

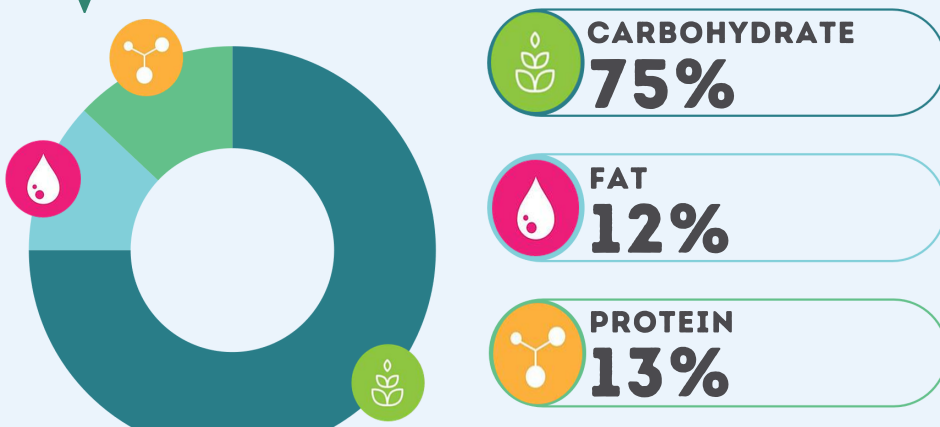
	AMOUNT		AMOUNT
CARBOHYDRATE	3.88 G	NIACIN	0.448 MG
FAT	0.27 G	VITAMIN A	8.00 MCG
PROTEIN	1.01 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.104 MG
FIBER	1.0 G	VITAMIN C	19.3 MG
RIBOFLAVIN	0.041 MG	VITAMIN D	0.00
SODIUM, NA	2 MG	FOLATE	19 MCG
THIAMIN	0.051 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



CROOKNECK SQUASH OTHER NAMES

CUCURBITA MOSCHATA
CROOKNECK GOURD
YELLOW SQUASH

MINERALS IN CROOKNECK SQUASH

21 MG CALCIUM, CA 2 % (DV)

0.092 MG COPPER, CU 10 % (DV)

0.44 MG IRON, FE 2 % (DV)

20 MG MAGNESIUM, MG 5 % (DV)

0.2 MCG SELENIUM, SE 0 % (DV)

32 MG PHOSPHORUS, P 5 % (DV)

222 MG POTASSIUM, K 5 % (DV)

0.29 MG ZINC, ZN 3 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.