



# PUMPKIN NUTRITION FACTS



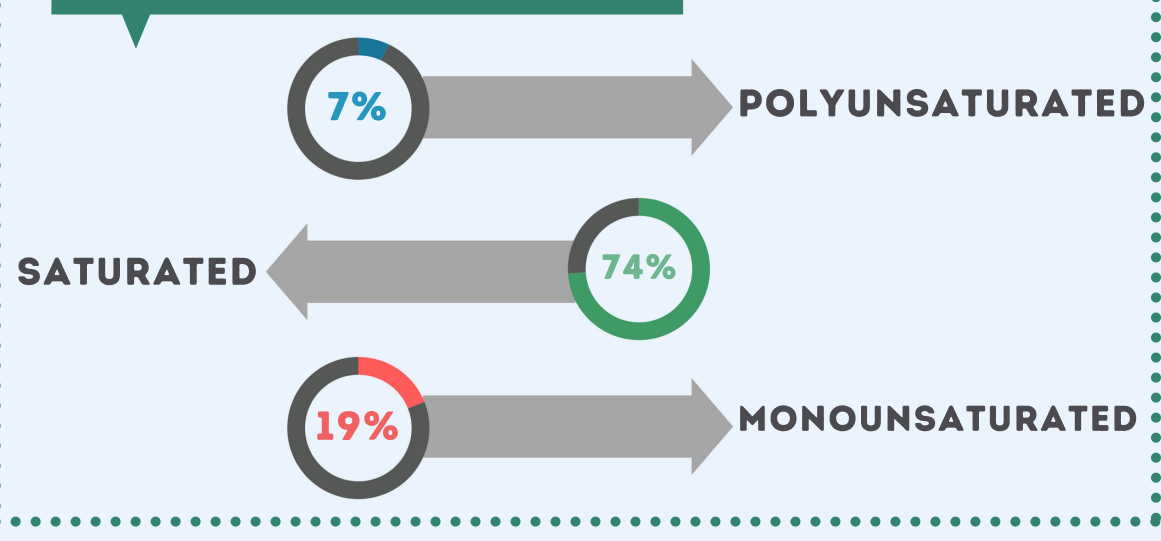
## CALORIES 26/100GM

	AMOUNT
CARBOHYDRATE	6.50 G
FAT	0.10 G
PROTEIN	1.00 G
CHOLESTEROL	0.00
FIBER	0.5 G
RIBOFLAVIN	0.110 MG
SODIUM, NA	1 MG
THIAMIN	0.05 MG

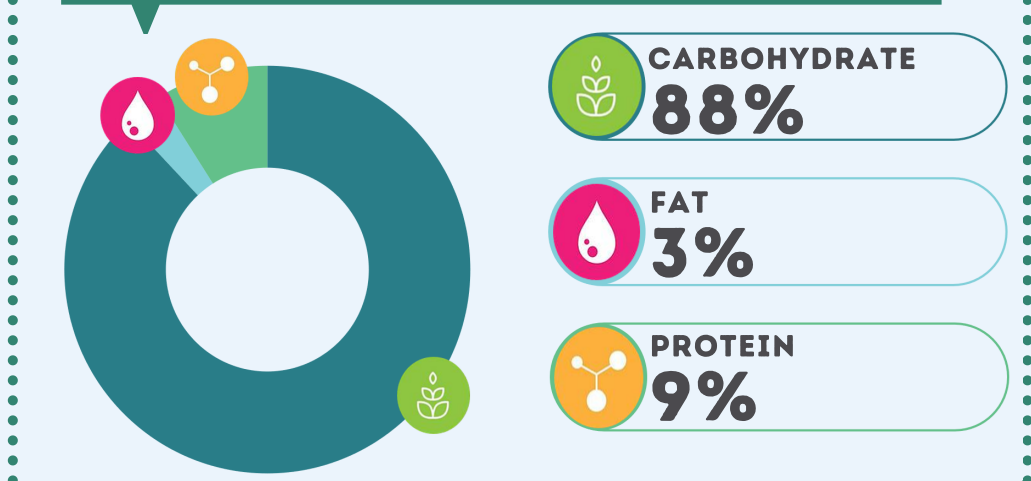
	AMOUNT
NIACIN	0.60 MG
VITAMIN A	426 MCG
VITAMIN B12	0.00
VITAMIN B6	0.061 MG
VITAMIN C	9 MG
VITAMIN D	0.00
FOLATE	16 MCG



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### PUMPKIN OTHER NAMES

- CUCURBITA
- SQUASH
- JACK-O'-LANTERN
- VINE
- PEPO

### MINERALS IN PUMPKIN

21 MG	CALCIUM, CA	2 % (DV)
0.127 MG	COPPER, CU	14 % (DV)
0.80 MG	IRON, FE	4 % (DV)
12 MG	MAGNESIUM, MG	3 % (DV)
0.3 MG	SELENIUM, SE	1 % (DV)
44 MG	PHOSPHORUS, P	6 % (DV)
340 MG	POTASSIUM, K	7 % (DV)
0.32 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.