



SPAGHETTI SQUASH NUTRITION FACTS



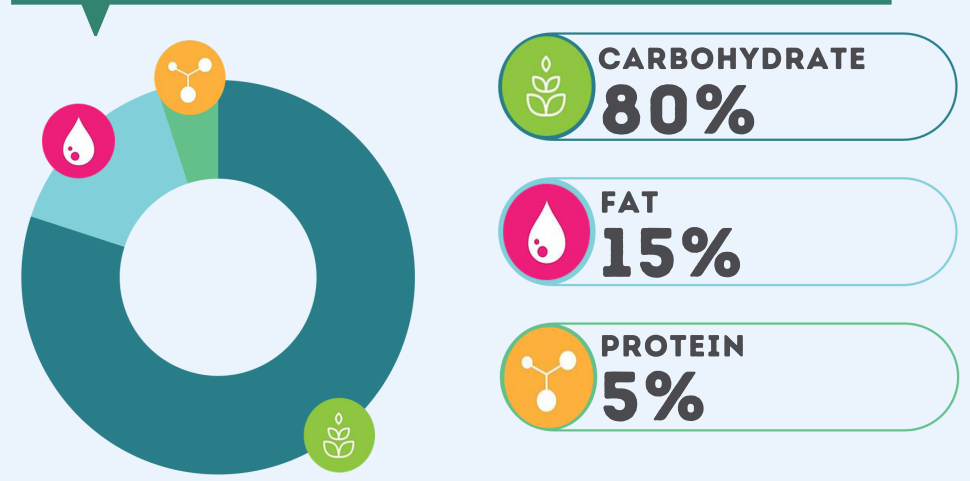
CALORIES 31/100GM

	AMOUNT
CARBOHYDRATE	6.91 G
FAT	0.57 G
PROTEIN	0.64 G
CHOLESTEROL	0.00
FIBER	1.5 G
RIBOFLAVIN	0.018 MG
SODIUM, NA	17 MG
THIAMIN	0.037 MG

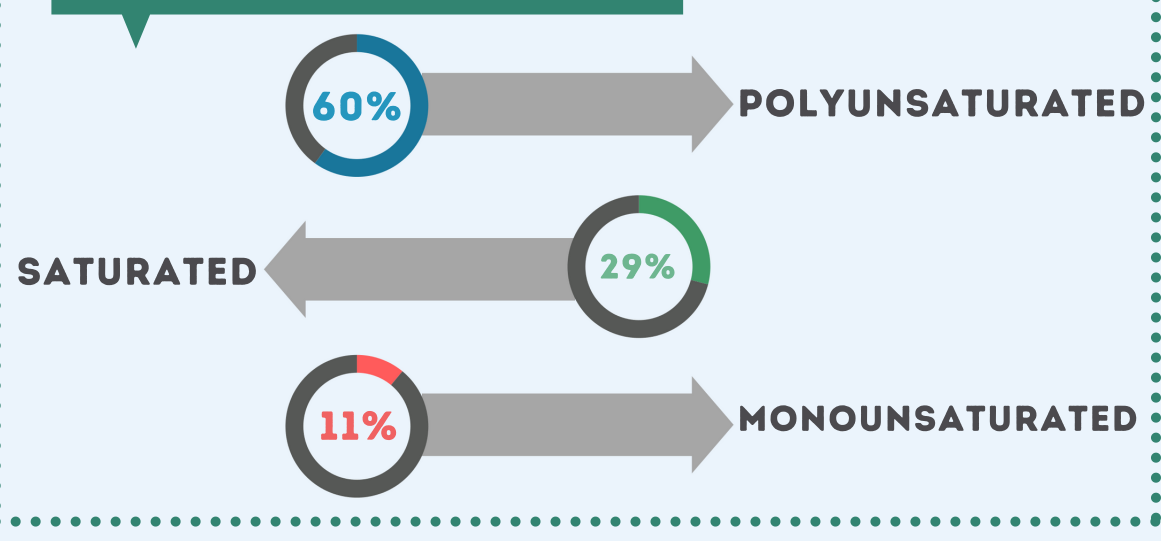
	AMOUNT
NIACIN	0.950 MG
VITAMIN A	6.00 MCG
VITAMIN B12	0.00
VITAMIN B6	0.101 MG
VITAMIN C	2.1 MG
VITAMIN D	0.00
FOLATE	12 MCG



CALORIES BY SOURCE



FATS AND FATTY ACIDS



SPAGHETTI SQUASH OTHER NAMES

- CUCURBITA PEPO
- VEGETABLE SPAGHETTI
- VEGETABLE MARROW
- NOODLE SQUASH
- MANDARIN SQUASH

MINERALS IN SPAGHETTI SQUASH

23 MG	CALCIUM, CA	2 % (DV)
0.037 MG	COPPER, CU	4 % (DV)
0.31 MG	IRON, FE	2 % (DV)
12 MG	MAGNESIUM, MG	3 % (DV)
0.3 MCG	SELENIUM, SE	1 % (DV)
12 MG	PHOSPHORUS, P	2 % (DV)
108 MG	POTASSIUM, K	2 % (DV)
0.19 MG	ZINC, ZN	2 % (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.