

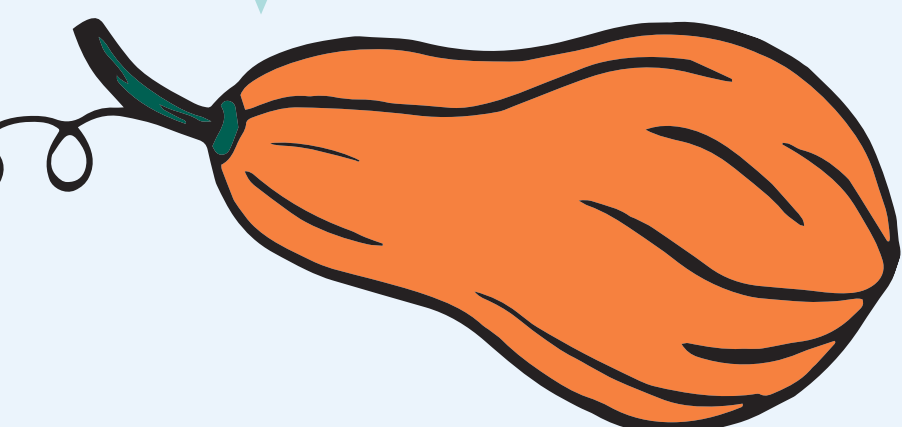


# BANANA SQUASH NUTRITION FACTS

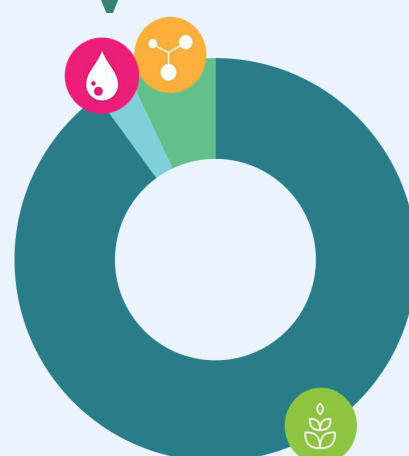


## CALORIES 34/100GM

	AMOUNT		AMOUNT
CARBOHYDRATE	8.59 G	NIACIN	0.5 MG
FAT	0.13 G	VITAMIN A	68 MCG
PROTEIN	0.95 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.156 MG
FIBER	1.5 G	VITAMIN C	12.3 MG
RIBOFLAVIN	0.062 MG	VITAMIN D	0.00
SODIUM, NA	4 MG	FOLATE	24 MCG
THIAMIN	0.030 MG		



### CALORIES BY SOURCE

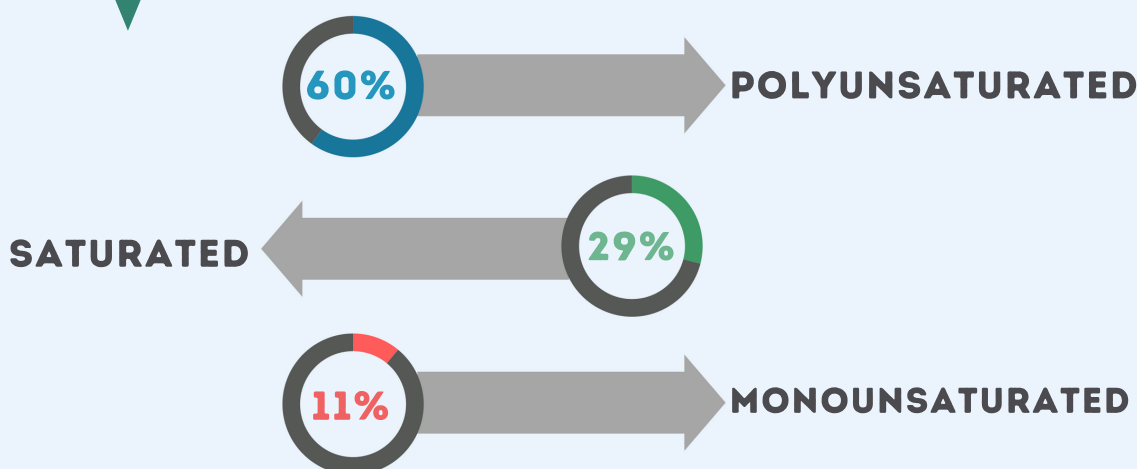


CARBOHYDRATE 90%

FAT 3%

PROTEIN 7%

### FATS AND FATTY ACIDS



### BANANA SQUASH OTHER NAMES

CUCURBITA MAXIMA

### MINERALS IN BANANA SQUASH

28 MG CALCIUM, CA 2% (DV)

0.071 MG COPPER, CU 8% (DV)

0.58 MG IRON, FE 3% (DV)

14 MG MAGNESIUM, MG 4% (DV)

0.4 MCG SELENIUM, SE 1% (DV)

23 MG PHOSPHORUS, P 3% (DV)

350 MG POTASSIUM, K 7% (DV)

0.21 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.