

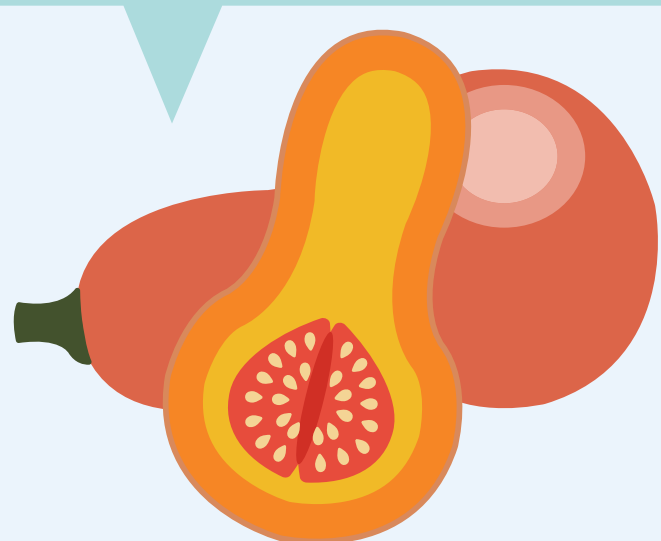


# BUTTERNUT SQUASH NUTRITION FACTS

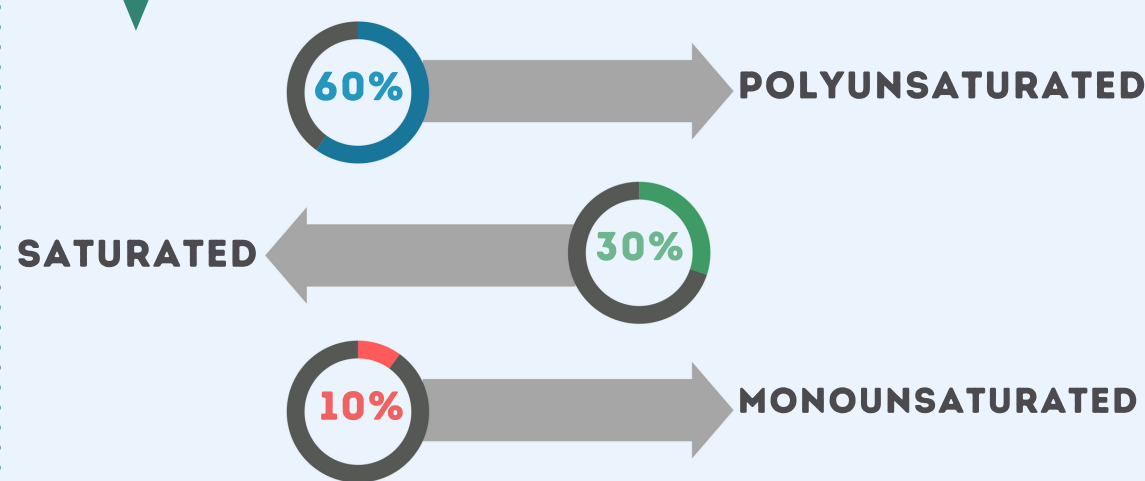


## CALORIES 45/100GM

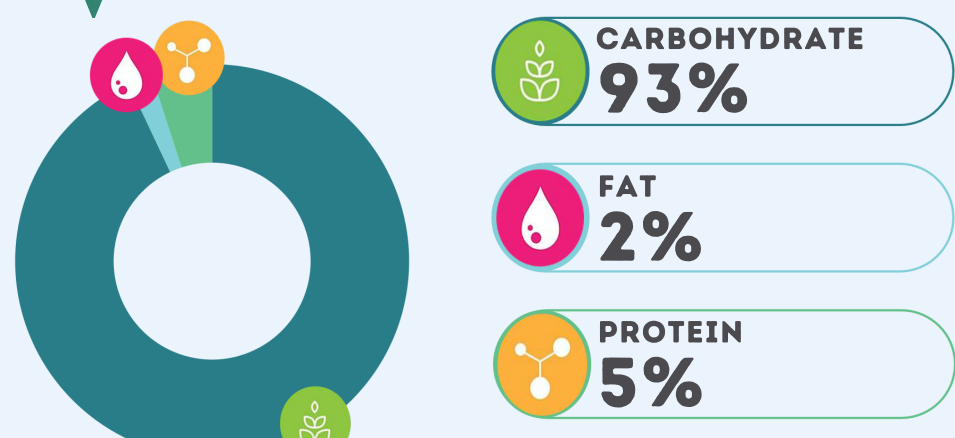
	AMOUNT		AMOUNT
CARBOHYDRATE	11.69 G	NIACIN	1.2 MG
FAT	0.10 G	VITAMIN A	532 MCG
PROTEIN	1.00 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.154 MG
FIBER	2.0 G	VITAMIN C	21 MG
RIBOFLAVIN	0.020 MG	VITAMIN D	0.00
SODIUM, NA	4 MG	FOLATE	27 MCG
THIAMIN	0.100 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### BUTTERNUT SQUASH OTHER NAMES

- CUCURBITA MOSCHATA
- BUTTERNUT PUMPKIN
- GRAMMA
- SWEET PUMPKIN

### MINERALS IN BUTTERNUT SQUASH

48 MG	CALCIUM, CA	4 % (DV)
0.072 MG	COPPER, CU	8 % (DV)
0.70 MG	IRON, FE	4 % (DV)
34 MG	MAGNESIUM, MG	8 % (DV)
0.5 MCG	SELENIUM, SE	1 % (DV)
33 MG	PHOSPHORUS, P	5 % (DV)
352 MG	POTASSIUM, K	7 % (DV)
0.15 MG	ZINC, ZN	1 % (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.