



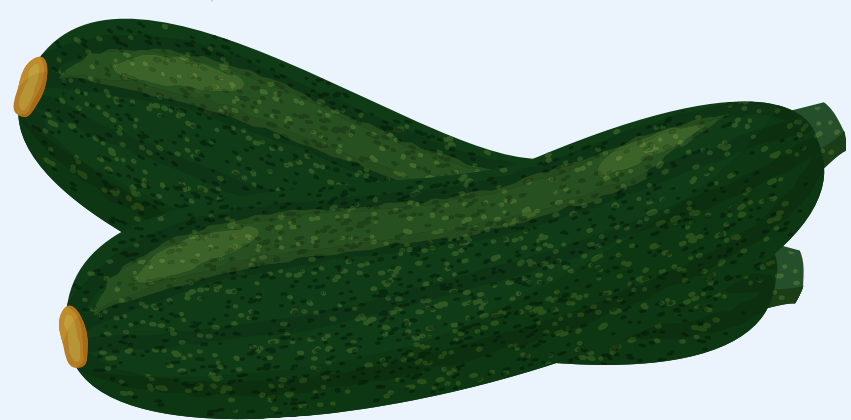
ZUCCHINI NUTRITION FACTS



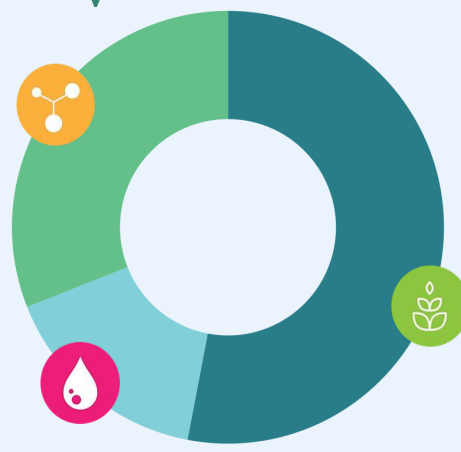
CALORIES 21/100GM

	AMOUNT
CARBOHYDRATE	3.11 G
FAT	0.40 G
PROTEIN	2.71 G
CHOLESTEROL	0.00
FIBER	1.1 G
RIBOFLAVIN	0.036 MG
SODIUM, NA	3 MG
THIAMIN	0.042 MG

	AMOUNT
NIACIN	0.705 MG
VITAMIN A	25 MCG
VITAMIN B12	0.00
VITAMIN B6	0.142 MG
VITAMIN C	34.1 MG
VITAMIN D	0.00
FOLATE	20 MCG

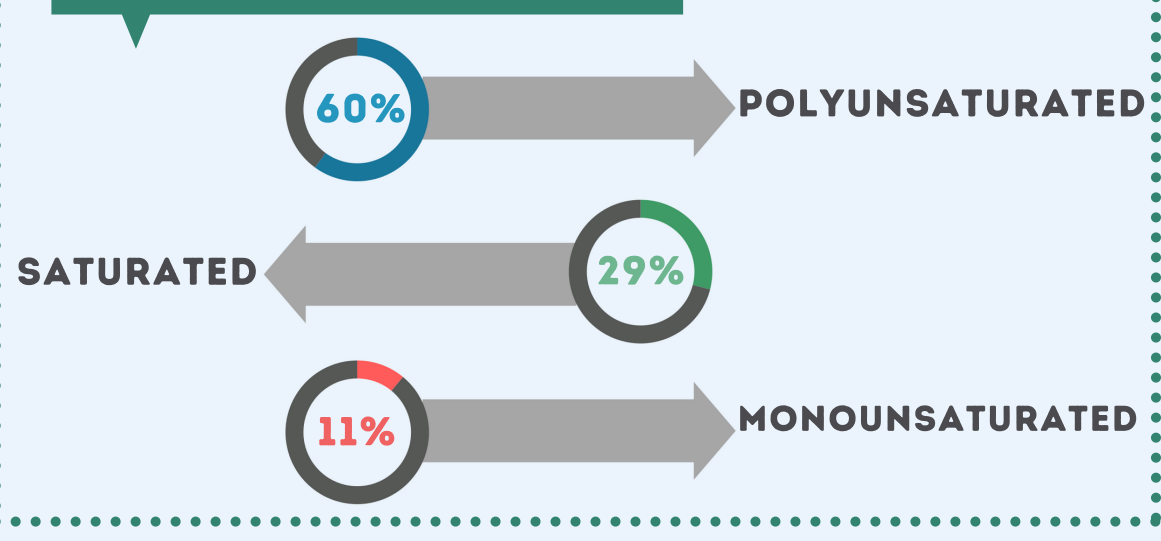


CALORIES BY SOURCE



- CARBOHYDRATE 53%
- FAT 16%
- PROTEIN 31%

FATS AND FATTY ACIDS



ZUCCHINI OTHER NAMES

- CUCURBITA PEPO
- COURGETTE
- BABY MARROW

MINERALS IN ZUCCHINI

21 MG	CALCIUM, CA	2 % (DV)
0.097 MG	COPPER, CU	11 % (DV)
0.79 MG	IRON, FE	4 % (DV)
33 MG	MAGNESIUM, MG	8 % (DV)
0.3 MCG	SELENIUM, SE	1 % (DV)
93 MG	PHOSPHORUS, P	13 % (DV)
459 MG	POTASSIUM, K	10 % (DV)
0.83 MG	ZINC, ZN	8 % (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.