

# Cooked Zucchini

## Nutrition Facts

Serving Size: ½ cup cooked zucchini,  
sliced (90g)

Calories 14                      Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 1g	
Vitamin A 20%	Calcium 1%
Vitamin C 19%	Iron 2%

Other nutrients: Potassium (7%), Magnesium (5%)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11478

# Zucchini

## Nutrition Facts

Serving Size: ½ cup zucchini, sliced (57g)

Calories 9

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 6mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 2%

Sugars 1g

Protein 1g

Vitamin A 2% Calcium 1%

Vitamin C 16% Iron 1%

Other nutrients: Potassium (7%), Folate (6%),  
Vitamin K (5%)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
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