

Acorn Squash

Nutrition Facts

Serving Size: ½ cup cooked acorn
squash, cubed (103g)

Calories 57

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 4mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 5g 18%

Sugars

Protein 1g

Vitamin A 9% Calcium 5%

Vitamin C 19% Iron 5%

Other nutrients: Potassium (13%), Magnesium (11%), Thiamin (11%), Vitamin B6 (10%), Folate (5%), Niacin (5%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11483

Butternut Squash

Nutrition Facts

Serving Size: ½ cup cooked butternut squash, cubed (103g)

Calories 41 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 4mg 0%

Total Carbohydrate 11g 4%

Dietary Fiber 3g 12%

Sugars 2g

Protein 1g

Vitamin A 229% Calcium 4%

Vitamin C 26% Iron 3%

Other nutrients: Magnesium (8%), Potassium (8%), Vitamin B6 (6%), Folate (5%), Thiamin (5%), Niacin (5%), Beta-carotene (4,684mcg), Alpha-carotene (1,158mcg)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11486

Spaghetti Squash

Nutrition Facts

Serving Size: ½ cup cooked spaghetti
squash, cubed (78g)

Calories 21

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 14mg 1%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Sugars 2g

Protein 1g

Vitamin A 2%

Calcium 2%

Vitamin C 5%

Iron 1%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11493