

Pumpkin

Cucurbitaceae *Cucurbita* spp.

(analysis based on boiled, *peeled*, orange pumpkin)

Pictured from top: orange, cut white, white, miniature pumpkins



ILLINOIS



Serving Size

- $\frac{1}{2}$ Cup Mashed
- 121 Grams
- 24 Calories
 - 3% from fat
 - 9% from protein
 - 88% from carbohydrate
- 1 Gram Protein
- 6 Grams Carbohydrate
 - 1 gram dietary fiber
- 0.1 Gram Fat
- 113 Grams Water
- 1 Milligram Sodium

