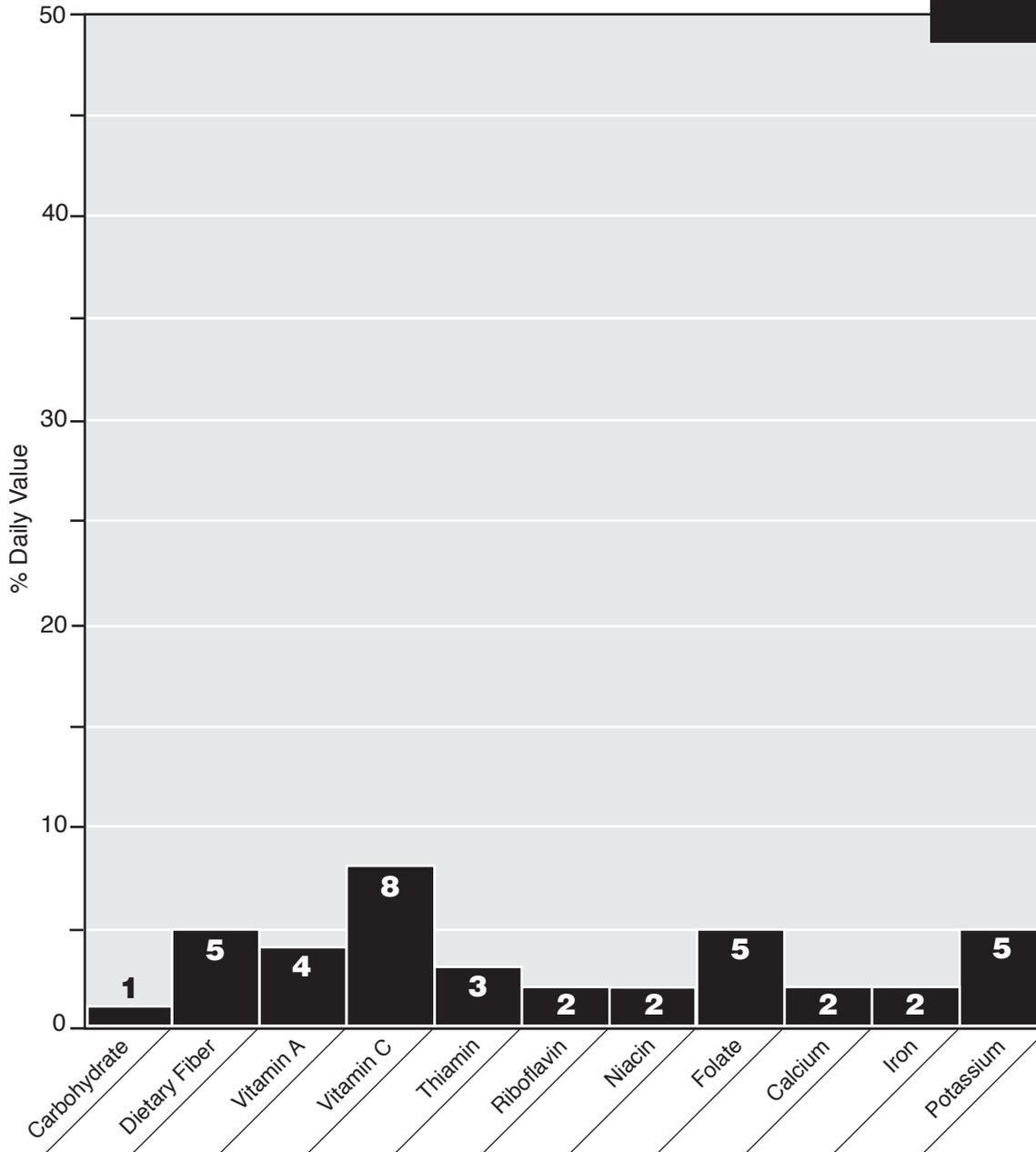


# Summer Squash

Cucurbitaceae *Cucurbita* sp.

(analysis based on *unpeeled*, boiled, drained, all varieties)

Pictured from left: zucchini, yellow crookneck, yellow straightneck, pattypan, scallopini summer squashes



## Serving Size

- 1/2 Cup Sliced
- 89 Grams
- 18 Calories
  - 13% from fat
  - 11% from protein
  - 76% from carbohydrate
- 0.8 Gram Protein
- 4 Grams Carbohydrate
  - 1 gram dietary fiber
- 0.3 Gram Fat
- 83 Grams Water
- 1 Milligram Sodium

