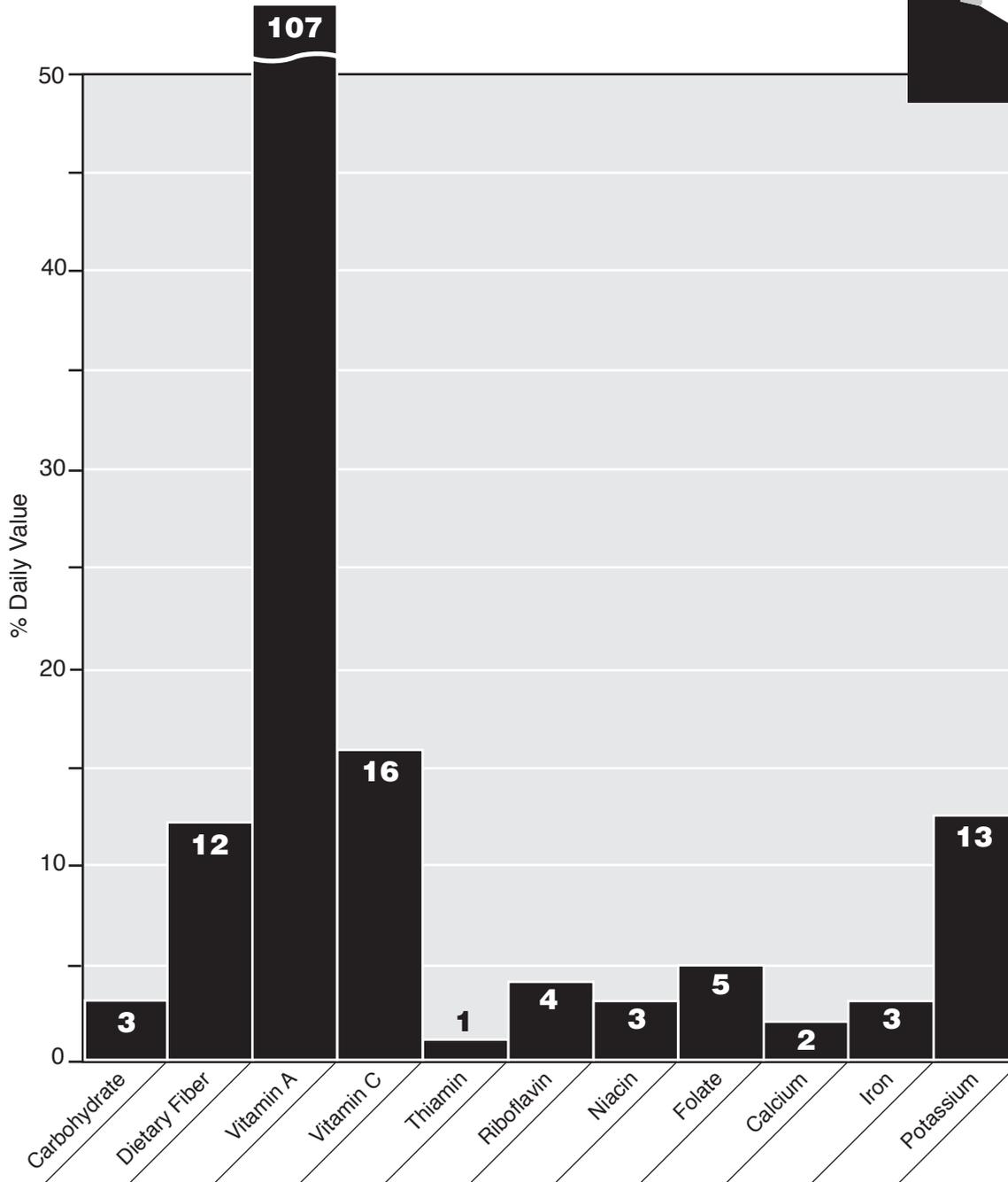


Winter Squash Varieties

Cucurbitaceae *Cucurbita maxima*

(analysis based on baked squash, all varieties)

Pictured from top: white pumpkin, turban, kabocha winter squashes



Serving Size

- $\frac{1}{2}$ Cup Chopped
- 102 Grams
- 38 Calories
 - 8% from fat
 - 6% from protein
 - 85% from carbohydrate
- 1 Gram Protein
- 9 Grams Carbohydrate
 - 3 grams dietary fiber
- 0.4 Gram Fat
- 91 Grams Water
- 1 Milligram Sodium

