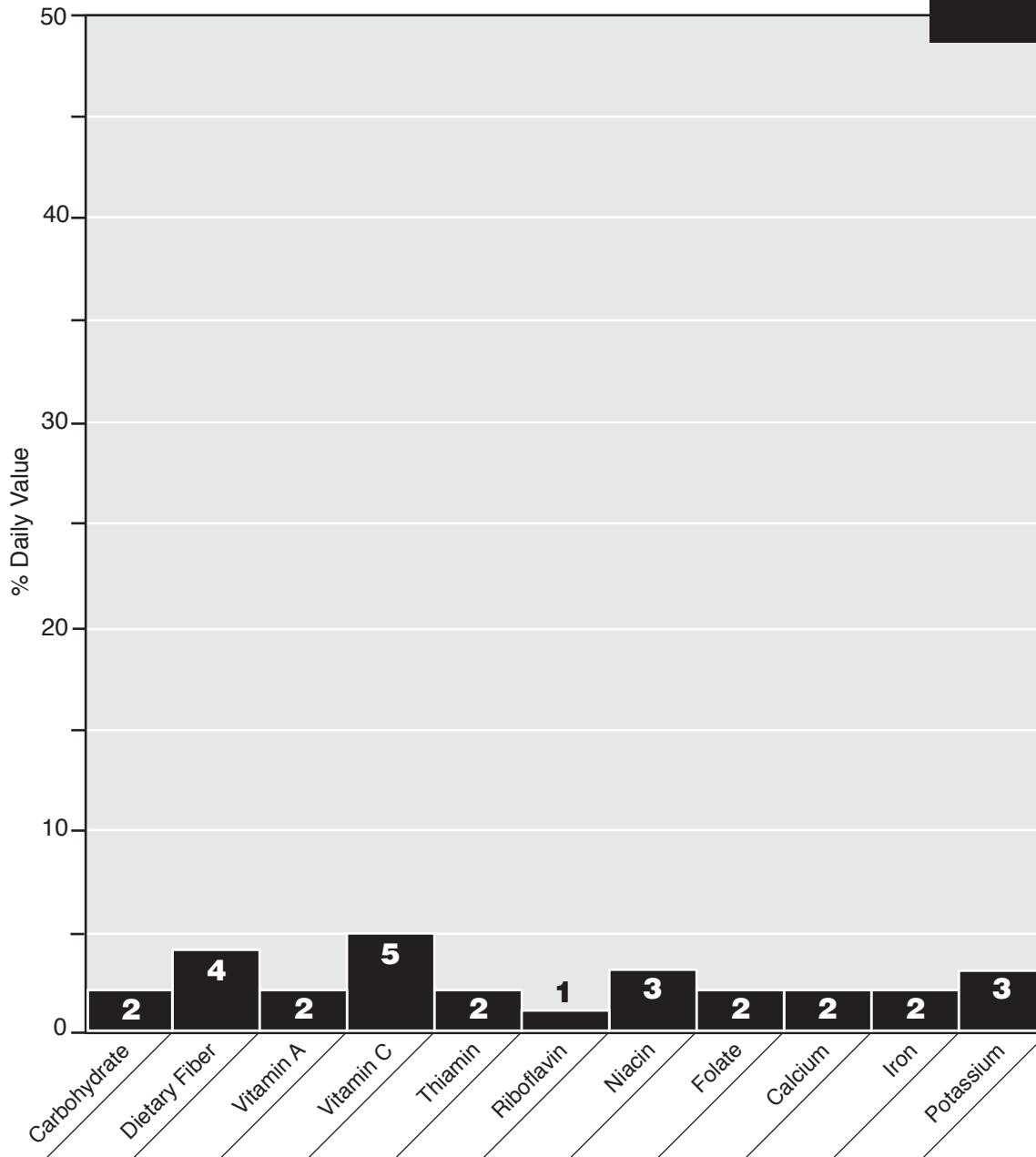


Winter Squash

Cucurbitaceae *Cucurbita maxima*
(analysis based on baked *spaghetti* squash)

Pictured from top: spaghetti, butternut, acorn winter squashes



Serving Size

1/2 Cup Shredded
78 Grams

21 Calories
8% from fat
6% from protein
86% from carbohydrate

0.5 Gram Protein

5 Grams Carbohydrate
1 gram dietary fiber

0.2 Gram Fat

72 Grams Water

14 Milligrams Sodium

For butternut and acorn squash values, see "Winter Squash Varieties" card.

