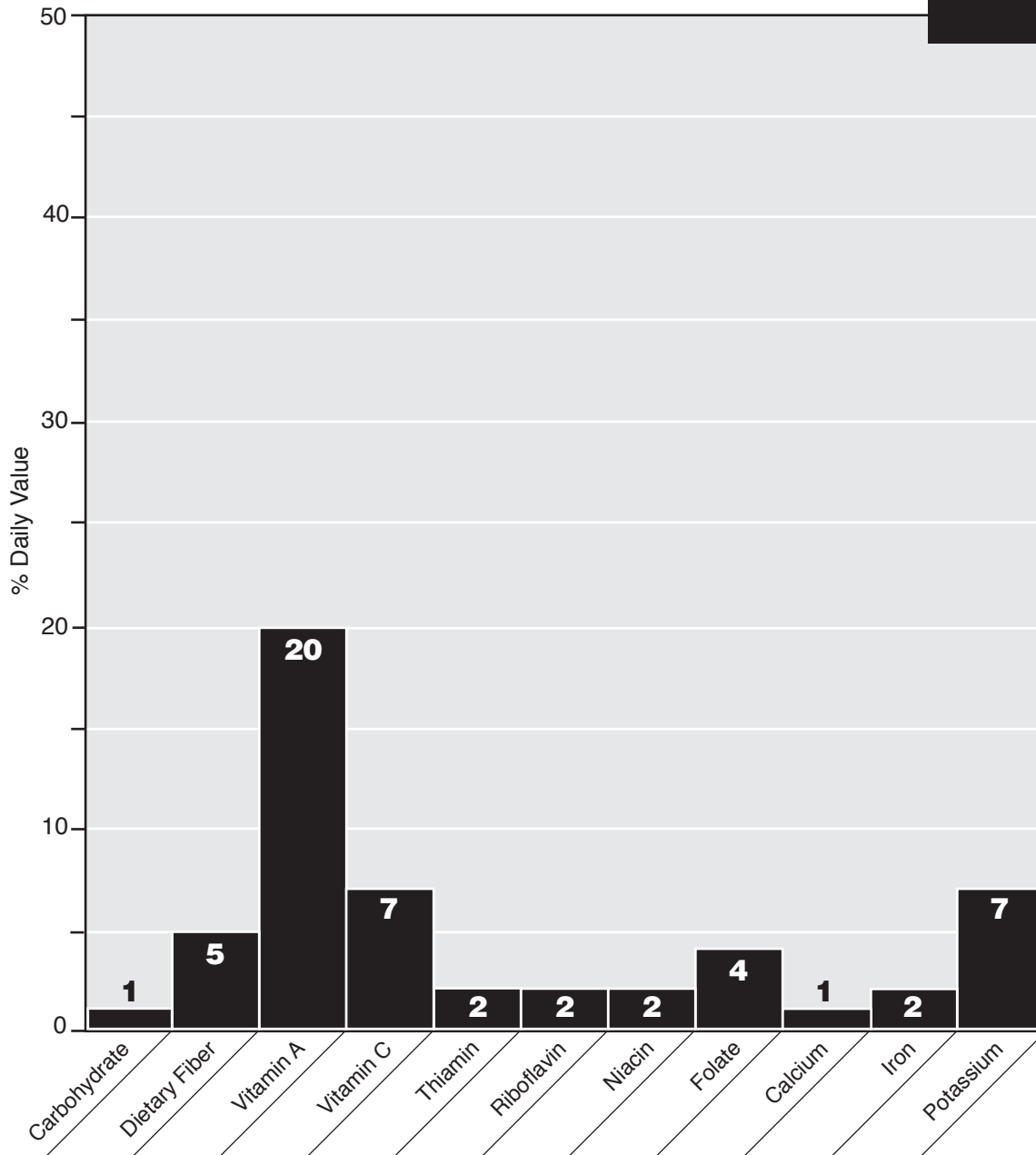


# Zucchini

Cucurbitaceae *Cucurbita pepo* L. var. *cylindrica*  
 (analysis based on unpeeled, boiled, drained zucchini)



## Serving Size

- 1/2 Cup Sliced
- 90 Grams
- 14 Calories
  - 3% from fat
  - 10% from protein
  - 88% from carbohydrate
- 1 Gram Protein
- 4 Grams Carbohydrate
  - 1 gram dietary fiber
- 0.1 Gram Fat
- 85 Grams Water
- 3 Milligrams Sodium

