

Squash, Hard Shell, Butternut
Serving Size



(140g) grams

Amount Per Serving

Calories 60

| | % Daily Value * |
|---------------------------|-----------------|
| Total Fat 0 g | 0% |
| Saturated Fat 0 g | 0% |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0% |
| Sodium 5 mg | 0% |
| Total Carbohydrate 16 g | 6% |
| Dietary Fiber 3 g | 10% |
| Total Sugars 3 g | |
| Includes 0 g Added Sugars | 0% |
| Protein 1 g | |
| | |
| Vitamin D 0 mcg | 0% |
| Calcium 67 mg | 6% |
| Iron 0.98 mg | 6% |
| Potassium 490 mg | 10% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Allergens:

Ingredients:

