

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: