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Home > Nutrition Information > Nutrition Information

Squash, Hard Shell, Gold Nugget Serving Size	en
squash (116g) grams Amount Per Serving	
Calories	40
% Dail	y Value *
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 10 g	4%
Dietary Fiber 2 g	6%
Total Sugars 3 g	
Includes 0 g Added Sugars	0%
Protein 1 g	
Vitamin D 0 mcg	0%
Calcium 32 mg	2%
Iron 0.67 mg	4%
Potassium 410 mg	8%
The % Daily Value (DV) tells you he	

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: