

Squash, Hard Shell, Golden Nugget

Serving Size

squash (116g) grams

Amount Per Serving

Calories

40

% Daily Value \*

Total Fat 0 g0%

Saturated Fat 0 g0%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 0 mg0%

Total Carbohydrate 10 g4%

Dietary Fiber 2 g6%

Total Sugars 3 g

Includes 0 g Added Sugars0%

Protein 1 g

Vitamin D 0 mcg0%

Calcium 32 mg2%

Iron 0.67 mg4%

Potassium 410 mg8%

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: