

Squash, Hard Shell, Hubbard
Serving Size



(116g) grams

Amount Per Serving

Calories 45

	% Daily Value *
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carbohydrate 10 g	4%
Dietary Fiber 5 g	16%
Total Sugars 5 g	
Includes 0 g Added Sugars	0%
Protein 2 g	
Vitamin D 0 mcg	0%
Calcium 16 mg	2%
Iron 0.46 mg	2%
Potassium 370 mg	8%

*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: