

Squash, Hard Shell, Pumpkins  
Serving Size



(116g) grams

Amount Per Serving

Calories 30

	% Daily 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 8 g	3%
Dietary Fiber 1 g	2%
Total Sugars 3 g	
Includes 0 g Added Sugars	0%
Protein 1 g	
Vitamin D 0 mcg	0%
Calcium 24 mg	2%
Iron 0.93 mg	6%
Potassium 390 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:

