

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: