

Squash, Hard Shell, Spaghetti
Serving Size

(101g) grams

Amount Per Serving

Calories 30

	% Daily Value *
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 15 mg	1%
Total Carbohydrate 7 g	3%
Dietary Fiber 2 g	5%
Total Sugars 3 g	
Includes 0 g Added Sugars	0%
Protein 1 g	
Vitamin D 0 mcg	0%
Calcium 23 mg	2%
Iron 0.31 mg	2%
Potassium 110 mg	2%

*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: