

Squash, Soft Shell, Zucchini Serving Size

(124g) grams

Amount Per Serving

Calories **20**

	% Daily Value *
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carbohydrate 4 g	1%
Dietary Fiber 1 g	4%
Total Sugars 3 g	
Includes 0 g Added Sugars	0%
Protein 2 g	
Vitamin D 0 mcg	0%
Calcium 20 mg	2%
Iron 0.46 mg	2%
Potassium 320 mg	6%

*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:
