

Basic Report 11858, Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt

Report Date: March 06, 2015 12:34 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup slices 180g
Proximates			
Water	g	94.25	169.65
Energy	kcal	19	34
Protein	g	1.04	1.87
Total lipid (fat)	g	0.39	0.70
Carbohydrate, by difference	g	3.79	6.82
Fiber, total dietary	g	1.1	2.0
Sugars, total	g	2.48	4.46
Minerals			
Calcium, Ca	mg	22	40
Iron, Fe	mg	0.37	0.67
Magnesium, Mg	mg	16	29
Phosphorus, P	mg	29	52
Potassium, K	mg	177	319
Sodium, Na	mg	237	427
Zinc, Zn	mg	0.22	0.40
Vitamins			
Vitamin C, total ascorbic acid	mg	11.6	20.9
Thiamin	mg	0.043	0.077
Riboflavin	mg	0.025	0.045
Niacin	mg	0.507	0.913
Vitamin B-6	mg	0.078	0.140
Folate, DFE	µg	23	41
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	56	101
Vitamin A, IU	IU	1117	2011
Vitamin E (alpha-tocopherol)	mg	0.12	0.22

Nutrient	Unit	1 Value Per100 g	1 cup slices 180g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	4.4	7.9
Lipids			
Fatty acids, total saturated	g	0.064	0.115
Fatty acids, total monounsaturated	g	0.023	0.041
Fatty acids, total polyunsaturated	g	0.131	0.236
Cholesterol	mg	0	0
Other			
Caffeine	mg	0	0