

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

Report Date: January 31, 2015 06:36 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup slices 180g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup slices 180g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	4.4	7.9
<b>Lipids</b>			
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
<b>Other</b>			
Caffeine	mg	0	0