

Basic Report 11423, Pumpkin, cooked, boiled, drained, without salt

Report Date: September 17, 2019 06:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, mashed 245g
Proximates			
Water	g	93.69	229.54
Energy	kcal	20	49
Protein	g	0.72	1.76
Total lipid (fat)	g	0.07	0.17
Carbohydrate, by difference	g	4.90	12.01
Fiber, total dietary	g	1.1	2.7
Sugars, total	g	2.08	5.10
Minerals			
Calcium, Ca	mg	15	37
Iron, Fe	mg	0.57	1.40
Magnesium, Mg	mg	9	22
Phosphorus, P	mg	30	74
Potassium, K	mg	230	564
Sodium, Na	mg	1	2
Zinc, Zn	mg	0.23	0.56
Vitamins			
Vitamin C, total ascorbic acid	mg	4.7	11.5
Thiamin	mg	0.031	0.076
Riboflavin	mg	0.078	0.191
Niacin	mg	0.413	1.012
Vitamin B-6	mg	0.044	0.108
Folate, DFE	µg	9	22
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	288	706
Vitamin A, IU	IU	5755	14100
Vitamin E (alpha-tocopherol)	mg	0.80	1.96

Nutrient	Unit	1 Value Per100 g	1 cup, mashed 245g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.8	2.0
Lipids			
Fatty acids, total saturated	g	0.037	0.091
Fatty acids, total monounsaturated	g	0.009	0.022
Fatty acids, total polyunsaturated	g	0.004	0.010
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0