

Basic Report 11485, Squash, winter, butternut, raw

Report Date: September 15, 2019 12:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 140g
Proximates			
Water	g	86.41	120.97
Energy	kcal	45	63
Protein	g	1.00	1.40
Total lipid (fat)	g	0.10	0.14
Carbohydrate, by difference	g	11.69	16.37
Fiber, total dietary	g	2.0	2.8
Sugars, total	g	2.20	3.08
Minerals			
Calcium, Ca	mg	48	67
Iron, Fe	mg	0.70	0.98
Magnesium, Mg	mg	34	48
Phosphorus, P	mg	33	46
Potassium, K	mg	352	493
Sodium, Na	mg	4	6
Zinc, Zn	mg	0.15	0.21
Vitamins			
Vitamin C, total ascorbic acid	mg	21.0	29.4
Thiamin	mg	0.100	0.140
Riboflavin	mg	0.020	0.028
Niacin	mg	1.200	1.680
Vitamin B-6	mg	0.154	0.216
Folate, DFE	µg	27	38
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	532	745
Vitamin A, IU	IU	10630	14882
Vitamin E (alpha-tocopherol)	mg	1.44	2.02

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 140g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	1.1	1.5
Lipids			
Fatty acids, total saturated	g	0.021	0.029
Fatty acids, total monounsaturated	g	0.007	0.010
Fatty acids, total polyunsaturated	g	0.042	0.059
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0