

## Basic Report 11486, Squash, winter, butternut, cooked, baked, without salt

Report Date: August 18, 2019 01:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 205g
<b>Proximates</b>			
Water	g	87.80	179.99
Energy	kcal	40	82
Protein	g	0.90	1.84
Total lipid (fat)	g	0.09	0.18
Carbohydrate, by difference	g	10.49	21.50
Fiber, total dietary	g	3.2	6.6
Sugars, total	g	1.97	4.04
<b>Minerals</b>			
Calcium, Ca	mg	41	84
Iron, Fe	mg	0.60	1.23
Magnesium, Mg	mg	29	59
Phosphorus, P	mg	27	55
Potassium, K	mg	284	582
Sodium, Na	mg	4	8
Zinc, Zn	mg	0.13	0.27
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	15.1	31.0
Thiamin	mg	0.072	0.148
Riboflavin	mg	0.017	0.035
Niacin	mg	0.969	1.986
Vitamin B-6	mg	0.124	0.254
Folate, DFE	µg	19	39
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	558	1144
Vitamin A, IU	IU	11155	22868
Vitamin E (alpha-tocopherol)	mg	1.29	2.64

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup, cubes 205g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	1.0	2.0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.019	0.039
Fatty acids, total monounsaturated	g	0.007	0.014
Fatty acids, total polyunsaturated	g	0.038	0.078
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

**Amino Acids**

**Other**