

Basic Report 11492, Squash, winter, spaghetti, raw

Report Date: June 18, 2019 13:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 101g
Proximates			
Water	g	91.60	92.52
Energy	kcal	31	31
Protein	g	0.64	0.65
Total lipid (fat)	g	0.57	0.58
Carbohydrate, by difference	g	6.91	6.98
Fiber, total dietary	g	1.5	1.5
Sugars, total	g	2.76	2.79
Minerals			
Calcium, Ca	mg	23	23
Iron, Fe	mg	0.31	0.31
Magnesium, Mg	mg	12	12
Phosphorus, P	mg	12	12
Potassium, K	mg	108	109
Sodium, Na	mg	17	17
Zinc, Zn	mg	0.19	0.19
Vitamins			
Vitamin C, total ascorbic acid	mg	2.1	2.1
Thiamin	mg	0.037	0.037
Riboflavin	mg	0.018	0.018
Niacin	mg	0.950	0.959
Vitamin B-6	mg	0.101	0.102
Folate, DFE	µg	12	12
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	6	6
Vitamin A, IU	IU	120	121
Vitamin E (alpha-tocopherol)	mg	0.13	0.13

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 101g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.9	0.9
Lipids			
Fatty acids, total saturated	g	0.117	0.118
Fatty acids, total monounsaturated	g	0.042	0.042
Fatty acids, total polyunsaturated	g	0.239	0.241
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0