

## Basic Report 11493, Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt

Report Date: July 20, 2019 22:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 155g
<b>Proximates</b>			
Water	g	92.30	143.06
Energy	kcal	27	42
Protein	g	0.66	1.02
Total lipid (fat)	g	0.26	0.40
Carbohydrate, by difference	g	6.46	10.01
Fiber, total dietary	g	1.4	2.2
Sugars, total	g	2.53	3.92
<b>Minerals</b>			
Calcium, Ca	mg	21	33
Iron, Fe	mg	0.34	0.53
Magnesium, Mg	mg	11	17
Phosphorus, P	mg	14	22
Potassium, K	mg	117	181
Sodium, Na	mg	18	28
Zinc, Zn	mg	0.20	0.31
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	3.5	5.4
Thiamin	mg	0.038	0.059
Riboflavin	mg	0.022	0.034
Niacin	mg	0.810	1.256
Vitamin B-6	mg	0.099	0.153
Folate, DFE	µg	8	12
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	6	9
Vitamin A, IU	IU	110	170
Vitamin E (alpha-tocopherol)	mg	0.12	0.19

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 155g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.8	1.2
<b>Lipids</b>			
Fatty acids, total saturated	g	0.062	0.096
Fatty acids, total monounsaturated	g	0.022	0.034
Fatty acids, total polyunsaturated	g	0.126	0.195
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0