

Basic Report 11482, Squash, winter, acorn, raw

Report Date: July 19, 2019 18:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 140g	1 squash (4 inch dia) 431g
Proximates				
Water	g	87.78	122.89	378.33
Energy	kcal	40	56	172
Protein	g	0.80	1.12	3.45
Total lipid (fat)	g	0.10	0.14	0.43
Carbohydrate, by difference	g	10.42	14.59	44.91
Fiber, total dietary	g	1.5	2.1	6.5
Minerals				
Calcium, Ca	mg	33	46	142
Iron, Fe	mg	0.70	0.98	3.02
Magnesium, Mg	mg	32	45	138
Phosphorus, P	mg	36	50	155
Potassium, K	mg	347	486	1496
Sodium, Na	mg	3	4	13
Zinc, Zn	mg	0.13	0.18	0.56
Vitamins				
Vitamin C, total ascorbic acid	mg	11.0	15.4	47.4
Thiamin	mg	0.140	0.196	0.603
Riboflavin	mg	0.010	0.014	0.043
Niacin	mg	0.700	0.980	3.017
Vitamin B-6	mg	0.154	0.216	0.664
Folate, DFE	µg	17	24	73
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	18	25	78
Vitamin A, IU	IU	367	514	1582
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
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Lipids				
Fatty acids, total saturated	g	0.021	0.029	0.091
Fatty acids, total monounsaturated	g	0.007	0.010	0.030
Fatty acids, total polyunsaturated	g	0.042	0.059	0.181
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other