

Basic Report 11866, Squash, winter, butternut, cooked, baked, with salt

Report Date: October 23, 2018 18:36 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 205g
Proximates			
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
Minerals			
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	240	492
Zinc, Zn	mg	0.13	0.27
Vitamins			
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

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 205g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	1.0	2.0
Lipids			
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			
Caffeine	mg	0	0