

Basic Report 11477, Squash, summer, zucchini, includes skin, raw

Report Date: September 26, 2017 14:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 124g	1 cup, sliced 113g	1 large 323g	1 medium 196g	1 slice 9.9g	1 small 118g
Proximates								
Water	g	94.79	117.54	107.11	306.17	185.79	9.38	111.85
Energy	kcal	17	21	19	55	33	2	20
Protein	g	1.21	1.50	1.37	3.91	2.37	0.12	1.43
Total lipid (fat)	g	0.32	0.40	0.36	1.03	0.63	0.03	0.38
Carbohydrate, by difference	g	3.11	3.86	3.51	10.05	6.10	0.31	3.67
Fiber, total dietary	g	1.0	1.2	1.1	3.2	2.0	0.1	1.2
Sugars, total	g	2.50	3.10	2.83	8.07	4.90	0.25	2.95
Minerals								
Calcium, Ca	mg	16	20	18	52	31	2	19
Iron, Fe	mg	0.37	0.46	0.42	1.20	0.73	0.04	0.44
Magnesium, Mg	mg	18	22	20	58	35	2	21
Phosphorus, P	mg	38	47	43	123	74	4	45
Potassium, K	mg	261	324	295	843	512	26	308
Sodium, Na	mg	8	10	9	26	16	1	9
Zinc, Zn	mg	0.32	0.40	0.36	1.03	0.63	0.03	0.38
Vitamins								
Vitamin C, total ascorbic acid	mg	17.9	22.2	20.2	57.8	35.1	1.8	21.1
Thiamin	mg	0.045	0.056	0.051	0.145	0.088	0.004	0.053
Riboflavin	mg	0.094	0.117	0.106	0.304	0.184	0.009	0.111
Niacin	mg	0.451	0.559	0.510	1.457	0.884	0.045	0.532
Vitamin B-6	mg	0.163	0.202	0.184	0.526	0.319	0.016	0.192
Folate, DFE	µg	24	30	27	78	47	2	28
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	10	12	11	32	20	1	12
Vitamin A, IU	IU	200	248	226	646	392	20	236
Vitamin E (alpha-tocopherol)	mg	0.12	0.15	0.14	0.39	0.24	0.01	0.14

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	4.3	5.3	4.9	13.9	8.4	0.4	5.1
Lipids								
Fatty acids, total saturated	g	0.084	0.104	0.095	0.271	0.165	0.008	0.099
Fatty acids, total monounsaturated	g	0.011	0.014	0.012	0.036	0.022	0.001	0.013
Fatty acids, total polyunsaturated	g	0.091	0.113	0.103	0.294	0.178	0.009	0.107
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0