

Basic Report 11487, Squash, winter, butternut, frozen, unprepared

Report Date: June 28, 2017 03:14 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.33 package (12 oz) 113g	1 package (12 oz) 340g	1 package (4 lb) 1,814g
Proximates					
Water	g	82.50	93.22	280.50	1496.55
Energy	kcal	57	64	194	1034
Protein	g	1.76	1.99	5.98	31.93
Total lipid (fat)	g	0.10	0.11	0.34	1.81
Carbohydrate, by difference	g	14.41	16.28	48.99	261.40
Fiber, total dietary	g	1.3	1.5	4.4	23.6
Sugars, total	g	2.83	3.20	9.62	51.34
Minerals					
Calcium, Ca	mg	29	33	99	526
Iron, Fe	mg	0.88	0.99	2.99	15.96
Magnesium, Mg	mg	14	16	48	254
Phosphorus, P	mg	22	25	75	399
Potassium, K	mg	212	240	721	3846
Sodium, Na	mg	2	2	7	36
Zinc, Zn	mg	0.17	0.19	0.58	3.08
Vitamins					
Vitamin C, total ascorbic acid	mg	6.2	7.0	21.1	112.5
Thiamin	mg	0.090	0.102	0.306	1.633
Riboflavin	mg	0.059	0.067	0.201	1.070
Niacin	mg	0.740	0.836	2.516	13.424
Vitamin B-6	mg	0.110	0.124	0.374	1.995
Folate, DFE	µg	24	27	82	435
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	240	271	816	4354
Vitamin A, IU	IU	4790	5413	16286	86891
Vitamin E (alpha-tocopherol)	mg	1.85	2.09	6.29	33.56

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	1.4	1.6	4.8	25.4
Lipids					
Fatty acids, total saturated	g	0.021	0.024	0.071	0.381
Fatty acids, total monounsaturated	g	0.007	0.008	0.024	0.127
Fatty acids, total polyunsaturated	g	0.042	0.047	0.143	0.762
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0