

Basic Report 11488, Squash, winter, butternut, frozen, cooked, boiled, without salt

Report Date: September 22, 2017 02:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, mashed 240g
Proximates			
Water	g	87.80	210.72
Energy	kcal	39	94
Protein	g	1.23	2.95
Total lipid (fat)	g	0.07	0.17
Carbohydrate, by difference	g	10.05	24.12
Minerals			
Calcium, Ca	mg	19	46
Iron, Fe	mg	0.58	1.39
Magnesium, Mg	mg	9	22
Phosphorus, P	mg	14	34
Potassium, K	mg	133	319
Sodium, Na	mg	2	5
Zinc, Zn	mg	0.12	0.29
Vitamins			
Vitamin C, total ascorbic acid	mg	3.5	8.4
Thiamin	mg	0.050	0.120
Riboflavin	mg	0.039	0.094
Niacin	mg	0.464	1.114
Vitamin B-6	mg	0.069	0.166
Folate, DFE	µg	16	38
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	167	401
Vitamin A, IU	IU	3339	8014
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Lipids			

Nutrient	Unit	1 Value Per100 g	1 cup, mashed 240g
Fatty acids, total saturated	g	0.014	0.034
Fatty acids, total monounsaturated	g	0.005	0.012
Fatty acids, total polyunsaturated	g	0.029	0.070
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other