

Basic Report 11489, Squash, winter, hubbard, raw

Report Date: August 20, 2017 09:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 116g
Proximates			
Water	g	88.00	102.08
Energy	kcal	40	46
Protein	g	2.00	2.32
Total lipid (fat)	g	0.50	0.58
Carbohydrate, by difference	g	8.70	10.09
Fiber, total dietary	g	3.9	4.5
Sugars, total	g	3.95	4.58
Minerals			
Calcium, Ca	mg	14	16
Iron, Fe	mg	0.40	0.46
Magnesium, Mg	mg	19	22
Phosphorus, P	mg	21	24
Potassium, K	mg	320	371
Sodium, Na	mg	7	8
Zinc, Zn	mg	0.13	0.15
Vitamins			
Vitamin C, total ascorbic acid	mg	11.0	12.8
Thiamin	mg	0.070	0.081
Riboflavin	mg	0.040	0.046
Niacin	mg	0.500	0.580
Vitamin B-6	mg	0.154	0.179
Folate, DFE	µg	16	19
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	68	79
Vitamin A, IU	IU	1367	1586
Vitamin E (alpha-tocopherol)	mg	0.16	0.19

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 116g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	1.3	1.5
Lipids			
Fatty acids, total saturated	g	0.103	0.119
Fatty acids, total monounsaturated	g	0.037	0.043
Fatty acids, total polyunsaturated	g	0.210	0.244
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0