

Full Report (All Nutrients) 45184038, BUTTERNUT SQUASH, UPC: 085239006665
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Report Date: September 18, 2019 20:19 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Target Stores

Nutrient	Unit	Data points	Std. Error	1 cup 205g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	129	63
Protein	g	--	--	2.99	1.46
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	29.01	14.15
Fiber, total dietary	g	--	--	3.1	1.5
Sugars, total	g	--	--	6.01	2.93
Minerals					
Calcium, Ca	mg	--	--	59	29
Iron, Fe	mg	--	--	1.80	0.88
Potassium, K	mg	--	--	430	210
Sodium, Na	mg	--	--	0	0
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	12.1	5.9
Vitamin A, IU	IU	--	--	9500	4634
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

ORGANIC BUTTERNUT SQUASH. Date Available: 07/14/2017 Date Last Updated by Company: 07/14/2017