

Full Report (All Nutrients) 45192341, PUMPKIN, UPC: 737094211356
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Report Date: September 18, 2019 07:38 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 The Fresh Market, Inc.

Nutrient	Unit	Data points	Std. Error	0.5 cup 120g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	50	42
Protein	g	--	--	2.00	1.67
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	11.00	9.17
Fiber, total dietary	g	--	--	3.0	2.5
Sugars, total	g	--	--	4.00	3.33
Minerals					
Calcium, Ca	mg	--	--	40	33
Iron, Fe	mg	--	--	0.72	0.60
Sodium, Na	mg	--	--	10	8
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	4.8	4.0
Vitamin A, IU	IU	--	--	14000	11667
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

PUMPKIN. Date Available: 07/14/2017 Date Last Updated by Company: 07/14/2017