

Cooked Zucchini

Nutrition Facts

Serving Size: ½ cup cooked zucchini,
sliced (90g)

Calories 14 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 5%

Sugars 2g

Protein 1g

Vitamin A 20% Calcium 1%

Vitamin C 7% Iron 2%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11478

Fresh Zucchini

Nutrition Facts

Serving Size: ½ cup zucchini, sliced (57g)

Calories 9

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 6mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 2%

Sugars 1g

Protein 1g

Vitamin A 2%

Calcium 1%

Vitamin C 16%

Iron 1%

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