



Harvest of the Month

Winter Squash

Nutrition Facts

Serving Size: 1 cup, cooked, cubes (205g)

Calories 76

Calories from Fat 6

	% Daily Value
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 6g	23%
Sugars 7g	
Protein 2g	
Vitamin A 214%	Calcium 5%
Vitamin C 33%	Iron 5%

Source: www.nutritiondata.com

