

Nutrition Facts

Acorn Squash Serving size (140g)

Amount Per Serving

Calories

60

	www.ihcare.ae	% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 15g		5%
Dietary Fiber 2g		7%
Total Sugars 0g		
Includes 0g Added Sugars		0%
Protein 0g		0%
Vitamin D 0mcg		0%
Calcium 46.2mg		4%
Iron 1mg		6%
Potassium 0mg		0%
Vitamin A 154mcg		2%
Vitamin C 15.4mg		15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.