

Nutrition Facts

Squash

Serving size (100g)

Amount Per Serving

Calories

15

www.ihcare.ae % Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 13mg 0%

Iron 0.36mg 2%

Potassium 0mg 0%

Vitamin A 432mcg 4%

Vitamin C 25.2mg 30%

*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.