

Source: USDA National Nutrient Database for Standard Reference 27 Software v.2.0b

Basic Report

Report Run at: October 06

2014 21:59 EDT

**Nutrient data for: 11477,Squash, summer, zucchini, includes skin, raw**

<u>Nutrient</u>	<u>0.25"cup, chopped"3</u>	<u>Unit</u>	<u>1Value</u>	<u>1.0"cup, sliced"113.0g</u>	<u>1.0"medium"1</u>
	<u>1.0g</u>		<u>per100g</u>	<u>96.0g</u>	
Proximates					
Water	29.38	g	94.79	107.11	185.79
Energy	5	kcal	17	19	33
Protein	0.38	g	1.21	1.37	2.37
Total lipid (fat)	0.1	g	0.32	0.36	0.63
Carbohydrate, by difference	0.96	g	3.11	3.51	6.1
Fiber, total dietary	0.3	g	1	1.1	2
Sugars, total	0.78	g	2.5	2.82	4.9
Minerals					
Calcium, Ca	5	mg	16	18	31
Iron, Fe	0.11	mg	0.37	0.42	0.73
Magnesium, Mg	6	mg	18	20	35
Phosphorus, P	12	mg	38	43	74
Potassium, K	81	mg	261	295	512
Sodium, Na	2	mg	8	9	16
Zinc, Zn	0.1	mg	0.32	0.36	0.63
Vitamins					
Vitamin C, total ascorbic acid	5.5	mg	17.9	20.2	35.1
Thiamin	0.014	mg	0.045	0.051	0.088
Riboflavin	0.029	mg	0.094	0.106	0.184
Niacin	0.14	mg	0.451	0.51	0.884
Vitamin B-6	0.051	mg	0.163	0.184	0.319
Folate, DFE	7	Âµg	24	27	47
Vitamin B-12	0	Âµg	0	0	0
Vitamin A, RAE	3	Âµg	10	11	20
Vitamin A, IU	62	IU	200	226	392
Vitamin E (alpha-tocopherol)	0.04	mg	0.12	0.14	0.24
Vitamin D (D2 + D3)	0	Âµg	0	0	0
Vitamin D	0	IU	0	0	0
Vitamin K (phylloquinone)	1.3	Âµg	4.3	4.9	8.4
Lipids					
Fatty acids, total saturated	0.026	g	0.084	0.095	0.165
Fatty acids, total monounsaturated	0.003	g	0.011	0.012	0.022
Fatty acids, total polyunsaturated	0.028	g	0.091	0.103	0.178
Cholesterol	0	mg	0	0	0
Other					
Caffeine	0	mg	0	0	0