

Nutrition Facts

Serving size 1 squash half,
stuffed

Amount Per Serving

Calories **280**

% Daily Value*

Total Fat 3g	4%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.6g	
Monounsaturated Fat 0.8g	
Cholesterol 5mg	2%
Sodium 700mg	30%
Total Carbohydrate 54g	20%
Dietary Fiber 7g	25%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 133mg	10%
Iron 3mg	15%
Potassium 706mg	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.