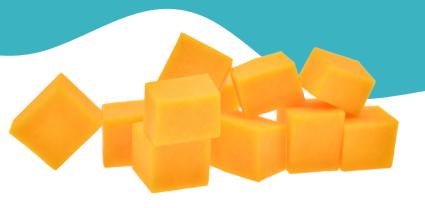
BUTTERNUT SQUASH







The name butternut has nothing to do with butter or nuts! It's called butternut to describe its buttery and nutty flavors!

PRODUCE PARTICULARS

Butternut squash originated in Central and South America and were known for their edible blossoms. fruit and seeds.



Butternut squash are part of the Cucurbitaceae family, related to pumpkins, zucchini, watermelon and cucumbers.







| Nutrition Fac | cts |
|---|-----------|
| 1 serving per container Serving size | 100 g |
| Amount per serving Calories | 45 |
| % Daily Value * | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 2g | 7% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |
| Protein 1g | |
| Vitamin D 0mcg | 0% |
| Calcium 50mg | 4% |
| Iron 0.7mg | 4% |
| Potassium 350mg | 8% |
| | 0.0 |
| 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. | |
| Calories per gram: Fat 9 • Carbohydrate 4 • | Protein 4 |
| INGREDIENTS: Squash, Winter, Butternut, | |

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