

# 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 provide a great source of Vitamin A, potassium and fiber.

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



### Nutrition Facts

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%

\* 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, Raw

FRESHEALTH