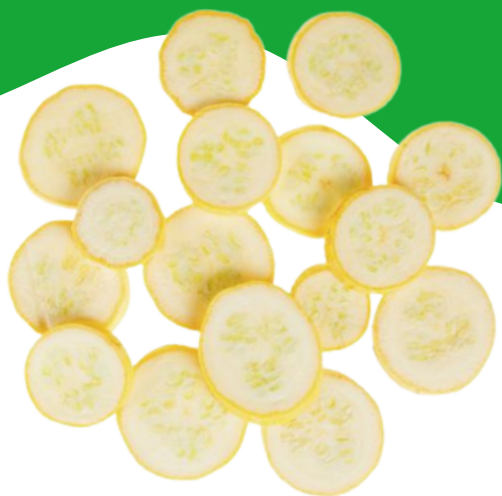


# YELLOW SQUASH COINS



Yellow squash contain manganese.  
This mineral helps to boost bone strength!

## PRODUCE PARTICULARS

This summer squash is related to pumpkins, cucumbers and melons.

California is the number one state in squash production followed by Florida, Georgia and Michigan.

Yellow Squash is an excellent source of Vitamin C, a nutrient that helps your body heal cuts & scrapes.

### Nutrition Facts

|  |                                |
|--|--------------------------------|
| 1 serving per container  |                                |
| <b>Serving size</b>  | <b>100 g</b>                   |
| <b>Amount per serving</b>  |                                |
| <b>Calories</b>  | <b>20</b>                      |
|  | <small>% Daily Value *</small> |
| <b>Total Fat</b> 0g  | <b>0%</b>                      |
| Saturated Fat 0g   | 0%                             |
| Trans Fat 0g   |                                |
| <b>Cholesterol</b> 0mg   | <b>0%</b>                      |
| <b>Sodium</b> 0mg  | <b>0%</b>                      |
| <b>Total Carbohydrate</b> 4g   | <b>1%</b>                      |
| Dietary Fiber 1g   | 4%                             |
| Total Sugars 3g  |                                |
| Includes 0g Added Sugars   | 0%                             |
| <b>Protein</b> 1g  |                                |
| Vitamin D 0mcg   | 0%                             |
| Calcium 20mg   | 2%                             |
| Iron 0.4mg   | 2%                             |
| Potassium 220mg  | 4%                             |
| <small>* 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.</small> |                                |
| <small>Calories per gram:<br/>Fat 9 • Carbohydrate 4 • Protein 4</small>   |                                |

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