

# YELLOW SQUASH & ZUCCHINI COINS



Zucchini and Yellow Squash are cousins! While they are strikingly similar in flavor and texture, they are not the same. Do you have any cousins?

## PRODUCE PARTICULARS

Are green and yellow squash the same? Here's the scoop: all zucchini are squash, but not all squash are zucchini. Kind of like how a square is a rectangle, but a rectangle is not a square. Confused yet?

Both items in this yummy veggie blend are known for having folate. Folate (vitamin B-9) is important in red blood cell formation and for healthy cell growth and function.



### Nutrition Facts

|                          |           |
|--------------------------|-----------|
| 1 serving per container  |           |
| Serving size             | 100 g     |
| Amount per serving       |           |
| <b>Calories</b>          | <b>15</b> |
| % Daily Value *          |           |
| Total Fat 0g             | 0%        |
| Saturated Fat 0g         | 0%        |
| Trans Fat 0g             |           |
| Cholesterol 0mg          | 0%        |
| Sodium 5mg               | 0%        |
| Total Carbohydrate 3g    | 1%        |
| Dietary Fiber 1g         | 4%        |
| Total Sugars 2g          |           |
| Includes 0g Added Sugars | 0%        |
| <b>Protein 1g</b>        |           |
| Vitamin D 0mcg           | 0%        |
| Calcium 20mg             | 2%        |
| Iron 0.4mg               | 2%        |
| Potassium 260mg          | 6%        |

\* 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, Summer, Zucchini, Includes Skin, Raw, Squash, Summer, All Varieties, Raw

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