

# ZUCCHINI SQUASH COINS



The word zucchini comes from the Italian word "zucchini", which translates as "tiny squash"  
Try saying ZUCCHINO! (zoo-chee-no)

## PRODUCE PARTICULARS

Because they grow from a plant blossom (flower) and have seeds, zucchini are technically a fruit.



Zucchini is believed to improve digestion, blood sugar levels, eye health, heart health, thyroid and adrenal functions, and inflammation!



### Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
<b>Calories</b>	<b>15</b>
	% Daily Value *
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
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

FRESHEALTH