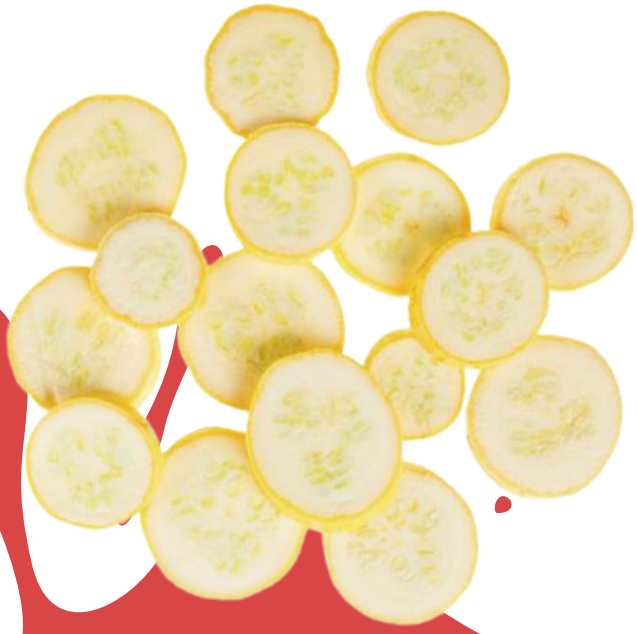
FRESHEALTH

YELLOW SQUASH COINS



PRODUCE PARTICULARS

- Yellow Squash is high in vitamins A, B6, and C, folate, magnesium, fiber, riboflavin, phosphorus, and potassium - A serious power-packed veggie!
- California is the number one state in squash production followed by Florida, Georgia and Michigan.
- This summer squash is related to pumpkins, cucumbers and melons.

Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 20

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	2%
Potassium 220mg	4%

* 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

Yellow squash are rich in manganese.

This mineral helps to **boost bone strength!**



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