



Squash Reference Guide

	TYPE		PORTION SIZE	CALORIES (KCAL)	PROTEIN (G)	CARBS (G)	FIBER (G)	PHOSPHORUS (MG)	POTASSIUM (MG)
Acorn	Raw		½ cup, cubes	28	1	7	1	25	243
	Baked		½ cup, cubes	57	1	15	5	46	448
	Boiled		½ cup, mashed	42	1	11	3	33	322
Butternut	Raw		½ cup, cubes	32	1	8	1	23	246
	Baked		½ cup, cubes	41	1	11	3	28	291
	Boiled		½ cup, mashed	47	1	12	N/A	17	160
Crookneck/ Straightneck	Raw		½ cup slices	12	1	2	1	20	141
	Boiled		½ cup slices	21	1	3	1	26	159
Hubbard	Raw		½ cup, cubes	23	1	5	2	12	186
	Baked		½ cup, cubes	51	3	11	5	24	367
	Boiled		½ cup, mashed	35	2	8	3	17	253
Pumpkin	Raw		½ cup cubes	15	1	4	0	26	197
	Canned		½ cup	42	1	10	4	43	252
	Boiled		½ cup mashed	24	1	6	1	37	282
Pumpkin Flowers	Raw		½ cup	2	0	1	N/A	8	29
	Boiled		½ cup	10	1	2	1	23	71
Pumpkin Leaves	Raw		½ cup	4	1	0	N/A	20	85
	Boiled		½ cup	7	1	1	1	28	155
Pumpkin Seed	Kernels, roasted		1 ounce	163	8	4	2	333	223
	Whole, roasted		1 ounce	126	5	15	5	26	261
Spaghetti	Raw		½ cup cubes	16	0	3	1	6	55
	Boiled/Baked		½ cup	21	1	5	1	11	91
Zucchini	Raw		½ cup chopped	11	1	2	1	24	162
	Boiled		½ cup, mashed	18	1	3	1	44	317

For more information please call (866) 694-2707

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Nutritional Information sourced from <https://ndb.nal.usda.gov/ndb/search/list>

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