

# Nutrition Facts

Serving Size 1 half squash (779g)

Serving Per Container 4

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## Amount Per Serving

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**Calories** 430

Calories from Fat 190

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### %Daily Value\*

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**Total Fat** 21g **33%**

Saturated Fat 9g **47%**

*Trans Fat* 0g

**Cholesterol** 0mg **0%**

**Sodium** 1160mg **48%**

**Total Carbohydrate** 54g **18%**

Dietary Fiber 15g **58%**

Sugars 16g

**Protein** 12g **24%**

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Vitamin A 80% • Vitamin C 130%

Calcium 25% • Iron 20%

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\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g