



**IQF ORGANIC GREEN ZUCCHINI**  
**NUTRITIONAL DATA PER 100G**  
 (APPROXIMATE – BASED ON USDA NUTRIENT DATABASE)

Water	g	94.70
Calories	kcal	17
Protein	g	1.16
Fat	g	0.13
Saturated Fat	g	0.027
Monounsaturated Fat	g	0.01
Polyunsaturated Fat	g	0.056
Cholesterol	mg	0
Carbohydrates	g	3.59
Sugars	g	1.71
Added Sugars	g	0
Fiber	g	1.3
Ash	g	0.42
<b>Minerals</b>		
Calcium	mg	18
Iron	mg	0.51
Magnesium	mg	13
Phosphorus	mg	28
Potassium	mg	218
Sodium	mg	2
Zinc	mg	0.21
Copper	mg	0.05
Manganese	mg	0.244
Selenium	µg	0.2
<b>Vitamins</b>		
Vitamin C	mg	5.3
Thiamin	mg	0.048
Riboflavin	mg	0.042
Niacin	mg	0.433
Pantothenic acid	mg	0.297
Vitamin B6	mg	0.05
Folate	µg DFE	10
Vitamin B-12	µg	0
Vitamin A	IU	198
	µg RAE	10
Carotene, beta	µg	119
Vitamin E	mg	0.12
Vitamin D	µg	0
Vitamin K	µg	4.2

This information is presented in good faith as typical. However, due to the variability of raw materials and processing, it is not guaranteed that these values are accurate for any specific lots of products supplied.

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