



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

Water	g	93.66
Calories	kcal	20
Protein	g	0.83
Fat	g	0.14
Saturated Fat	g	0.029
Monounsaturated Fat	g	0.011
Polyunsaturated Fat	g	0.06
Cholesterol	mg	0
Carbohydrates	g	4.8
Sugars	g	1.71
Added Sugars	g	0
Fiber	g	1.2
Ash	g	0.58
Minerals		
Calcium	mg	18
Iron	mg	0.48
Magnesium	mg	23
Phosphorus	mg	35
Potassium	mg	209
Sodium	mg	5
Zinc	mg	0.37
Copper	mg	0.085
Manganese	mg	0.162
Selenium	µg	0.2
Vitamins		
Vitamin C	mg	6.4
Thiamin	mg	0.04
Riboflavin	mg	0.048
Niacin	mg	0.4
Pantothenic acid	mg	0.088
Vitamin B6	mg	0.088
Folate	µg DFE	12
Vitamin B-12	µg	0
Vitamin A	IU	279
	µg RAE	14
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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