



Nutritional Fact Sheet

Butternut Squash

Ingredients: Butternut Squash

Description & Directions: Fresh, mature, butternut squash is washed, trimmed, diced, and dried to specifications. Rehydrate in boiling water for 15-20 minutes, or in cold water for 1-2 hours. Use 2 parts water to 1 part product. Rehydration ratio is about 1:6.

Storage & Shelf-life: Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 Grams Dry
Calories	311.26 kcal
Protein	6.92 g
Total Carbohydrate	80.86 g
Sugars	15.22 g
Added Sugars	0.00 g
Dietary Fiber	13.83 g
Total Fat	0.69 g
Saturated Fat	0.51 g
Cholesterol	0.00 mg
Thiamin – B1	0.69 mg
Riboflavin – B2	0.14 mg
Niacin – B3	0.14 mg
Vitamin B6	1.07 mg
Vitamin C	145.25 mg
Vitamin D	0.00 mcg
Calcium	332.01 mg
Iron	4.84 mg
Phosphorus	228.26 mg
Potassium	2434.73 mg
Sodium	27.67 mg
Trans Fat	0.00 g