



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	28g (app. 1/4 cup)
Energy (Calories)	319.63	89.50
Total Fat	2.29g	0.64g
Saturated Fat	0.31g	0.09g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	39.29mg	11.00mg
Total Carbohydrates	77.98g	21.83g
Dietary Fiber	17.18g	4.81g
Sugars	14.52g	4.07g
Protein	7.35g	2.06g
Vitamin A (IU)	38363.26	10741.71
Thiamin-B1	0.53mg	0.15mg
Riboflavin	0.11mg	0.03mg
Niacin	6.19mg	1.73mg
Vitamin B-6	0.84mg	0.24mg
Vitamin C	103.18mg	28.89mg
Calcium	243.37mg	68.14mg
Iron	3.66mg	1.02mg
Phosphorus	188.98mg	52.91mg
Potassium	1777.11mg	497.59mg

Physical Address: 181 Industrial Park Road * Franklin, NC 28734

Phone: (800) 696-1395 / Fax (800) 696-7874

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