



IQF Organic Green Zucchini

ITEMS: Diced/Sliced/Quartered

NUTRITIONAL COMPOSITION OF VEGETABLES (APPROXIMATE)

Nutrient	Units	<u>Value per 100 grams</u>
Water	gms	94.70
Calories	kcal	17.00
Protein	gms	1.16
Fat*	gms	0.13
Carbohydrates	gms	3.59
Sugars	gms	2.20
Fiber	gms	1.30
Ash	gms	0.43
Calcium	mg	18.00
Iron	mg	0.51
Magnesium	mg	13.00
Phosphorus	mg	28.00
Potassium	mg	218.00
Sodium	mg	2.00
Zinc	mg	0.21
Ascorbic Acid	mg	5.30
Thiamin	mg	0.05
Riboflavin	mg	0.04
Niacin	mg	0.43
Pantothenic	mg	0.30
Vitamin B6	mg	0.05
Folacin	mcg	10.00
Vitamin A	IU	484.00
<u>*Fat Analysis</u>	Saturated	21 %
	Monounsaturated	8 %
	Polyunsaturated	43 %
	Other	28 %

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.