

HARVEST OF THE MONTH

Summer Squash

Summer squash can be served with other vegetables as part of a vegetable platter with dips, in salads, grilled, broiled, steamed, stir-fried, deep-fried, boiled, baked or stuffed. It goes well with any dish because of its mild flavor, unique texture and bright yellow color.

Summer squash is nutritious because it is very low in calories and high in fiber. One cup of squash has as much potassium as a banana, and it also has a very important mineral nutrient called phosphorus.



Nutrition Facts		
Serving Size 1 cup, sliced 113g (113 g)		
Servings per container 1		
Amount Per Serving		
Calories 18	Calories from Fat 2	
% Daily Value*		
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 2mg		0%
Total Carbohydrate 4g		1%
Dietary Fiber 1g		5%
Sugars 2g		
Protein 1g		
Vitamin A	5% • Vitamin C	32%
Calcium	2% • Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
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Did you know?

A squash is one of the oldest known crops. It was grown in Mexico over 10,000 years ago!

