



Nutrition Facts

Serving Size:

1

medium (200ggrams)

Zucchini

Amount Per Serving

Calories30

		% Daily Value*
Total Fat	0.7g grams	1% Daily Value
Saturated Fat	0.1g grams	1% Daily Value
<i>Trans</i> Fat	0g grams	
Polyunsaturated Fat	0.3g grams	
Monounsaturated Fat	0.1g grams	
Cholesterol	0mg milligrams	0% Daily Value
Sodium	6mg milligrams	0% Daily Value
Total Carbohydrates	5.4g grams	2% Daily Value
Dietary Fiber	2g grams	7% Daily Value
Sugars	3.4g grams	
Protein	2.3g grams	
Vitamin D	0mcg micrograms	0% Daily Value
Calcium	36mg milligrams	3% Daily Value
Iron	0.7mg milligrams	4% Daily Value
Potassium	528mg milligrams	11% Daily Value
Caffeine	0mg	

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.