

Nutrition Facts

Pumpkin

Serving size (100g)

Amount Per Serving

Calories

25

www.ihcare.ae % Daily Value*

Total Fat 0g	0%
Saturated Fat 0.052g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber < 1g	2%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.72mg	4%
Potassium 423mg	8%
Vitamin A	170%
Vitamin C	15%
Magnesium	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.