

National Nutrient Database for Standard Reference
Release 24

- [NDL Home](#)
[Foods List](#)
[Ground Beef Calculator](#)
[SR24 Documentation](#)
[Help](#)

Statistics Report

Nutrient data for 11477, Squash, summer, zucchini, includes skin, raw

[Return to Search Results](#)
[Basic Report](#)
[Full Report](#)

Nutrient values and weights are for edible portion

Nutrient	Unit	Value (100g)	Data Points	Std. Error	Min	Max	df	Lower error bound	Upper error bound	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	94.79	18	0.080	93.3	95.8	9.0	94.603	94.967	6	Aggregated data involving combinations of source codes 1 & 12	--	04/2009
Energy	kcal	17	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Energy	kJ	70	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Protein	g	1.21	10	0.042	0.91	1.5	6.0	1.101	1.309	3	Aggregated data involving comb. of codes other than 1, 12 or 6	--	04/2009
Total lipid (fat) 1	g	0.32	7	0.029	0.1	0.45	1.0	0.031	0.607	3	Aggregated data involving	--	04/2009

											combinations of source codes 1 &12		
Ash 1	g	0.58	9	0.014	0.49	0.7	4.0	0.538	0.614	3	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Carbohydrate, by difference	g	3.11	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Fiber, total dietary 1	g	1.0	12	0.055	0.7	1.6	2.0	0.808	1.209	6	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Sugars, total	g	2.50	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Sucrose 1	g	0.05	8	0.013	0.0	--	2.0	--	0.106	3	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Glucose (dextrose) 1	g	1.07	8	0.086	0.58	1.82	4.0	0.833	1.299	3	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Fructose 1	g	1.38	8	0.061	0.5	2.07	5.0	1.221	1.534	3	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Lactose 1	g	0.00	4	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	04/2009
Maltose 1	g	0.00	4	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	04/2009
Galactose 1	g	0.00	4	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	04/2009

Starch 1	g	0.00	4	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	04/2009
Minerals													
Calcium, Ca 1	mg	16	10	0.778	10.0	22.0	5.0	14.446	18.394	3	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Iron, Fe 1	mg	0.37	10	0.010	0.3	0.45	6.0	0.341	0.392	3	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Magnesium, Mg 1	mg	18	10	0.697	15.0	23.0	4.0	15.748	19.632	3	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Phosphorus, P 1	mg	38	10	0.959	32.0	42.0	5.0	35.368	40.45	3	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Potassium, K 1	mg	261	10	6.882	227.0	290.0	1.0	215.574	305.826	3	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Sodium, Na 1	mg	8	10	5.264	0.0	--	3.0	--	24.185	3	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Zinc, Zn 1	mg	0.32	10	0.022	0.23	0.51	4.0	0.256	0.379	3	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Copper, Cu 1	mg	0.053	10	0.002	0.046	0.069	5.0	0.049	0.058	3	Aggregated data	--	04/2009

											involving combinations of source codes 1 &12		
Manganese, Mn 1	mg	0.177	10	0.024	0.114	0.329	5.0	0.114	0.24	3	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Selenium, Se	µg	0.2	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Vitamins													
Vitamin C, total ascorbic acid 1	mg	17.9	9	0.564	12.8	21.0	6.0	16.471	19.238	3	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Thiamin 1	mg	0.045	10	0.001	0.034	0.06	3.0	0.041	0.048	3	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Riboflavin 1	mg	0.094	10	0.055	0.02	0.6	3.0	--	0.269	3	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Niacin 1	mg	0.451	10	0.017	0.37	0.54	5.0	0.406	0.496	3	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Pantothenic acid 1	mg	0.204	10	0.011	0.098	0.32	6.0	0.176	0.233	3	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Vitamin B-6 1	mg	0.163	9	0.081	0.06	0.8	3.0	--	0.42	3	Aggregated data involving combinations of source	--	04/2009

											codes 1 &12		
Folate, total 1	µg	24	8	1.599	7.0	40.0	4.0	19.589	28.215	3	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Folic acid	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	04/2009
Folate, food	µg	24	8	1.599	7.0	40.0	4.0	19.589	28.215	3	Aggregated data involving combinations of source codes 1 &12	--	04/2009
Folate, DFE	mcg_DFE	24	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Choline, total	mg	9.5	0	--	--	--	--	--	--	--	Calculated or imputed	11478	03/2007
Vitamin B-12	µg	0.00	0	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	0	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	mcg_RAE	10	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Retinol	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 2	µg	120	7	1.203	0.0	--	1.0	104.747	135.31	3	Aggregated data involving combinations of source codes 1 &12	--	10/2002
Carotene, alpha 2	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Cryptoxanthin, beta 2	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Vitamin A, IU	IU	200	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Lycopene 2	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from	--	10/2002

												analytical		
Lutein + zeaxanthin 2	µg	2125	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Vitamin E (alpha-tocopherol)	mg	0.12	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2002
Vitamin E, added	mg	0.00	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	4.3	0	--	--	--	--	--	--	--	--	Calculated or imputed	11478	10/2002
Lipids														
Fatty acids, total saturated	g	0.084	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
4:0	g	0.000	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
6:0 1	g	0.000	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
8:0 1	g	0.000	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
10:0 1	g	0.016	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
12:0 1	g	0.003	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
14:0 1	g	0.001	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
15:0 1	g	0.001	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
16:0 1	g	0.048	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009

17:0 1	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
18:0 1	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
20:0 1	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
22:0 1	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
24:0 1	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Fatty acids, total monounsaturated	g	0.011	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
14:1 1	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
15:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
16:1 undifferentiated 1	g	0.002	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
16:1 c 1	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
16:1 t 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
17:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
18:1 undifferentiated 1	g	0.007	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
18:1 c 1	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
18:1 t 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from	--	04/2009

												analytical		
20:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009	
22:1 undifferentiated 1	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009	
22:1 c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009	
22:1 t 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009	
24:1 c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009	
Fatty acids, total polyunsaturated	g	0.091	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009	
18:2 undifferentiated 1	g	0.030	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009	
18:2 n-6 c,c 1	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009	
18:2 CLAs 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009	
18:2 t not further defined 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009	
18:3 undifferentiated 1	g	0.061	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009	
18:3 n-3 c,c,c (ALA) 1	g	0.061	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009	
18:3 n-6 c,c,c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009	
18:4 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009	

20:2 n-6 c,c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
20:3 undifferentiated 1	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
20:3 n-6 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
20:4 undifferentiated 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
20:5 n-3 (EPA) 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
22:4 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
22:5 n-3 (DPA) 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
22:6 n-3 (DHA) 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Fatty acids, total trans	g	0.000	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Fatty acids, total trans-monoenoic	g	0.000	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Cholesterol	mg	0	0	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Amino Acids													
Tryptophan	g	0.010	0	--	--	--	--	--	--	--	Analytical or derived from analytical	11477	10/2002
Threonine	g	0.029	0	--	--	--	--	--	--	--	Analytical or derived from analytical	11477	10/2002
Isoleucine	g	0.044	0	--	--	--	--	--	--	--	Analytical or derived from analytical	11477	10/2002
Leucine	g	0.071	0	--	--	--	--	--	--	--	Analytical or derived from analytical	11477	10/2002

Lysine	g	0.067	0	--	--	--	--	--	--	--	Analytical or derived from analytical	11477	10/2002
Methionine	g	0.018	0	--	--	--	--	--	--	--	Analytical or derived from analytical	11477	10/2002
Cystine	g	0.012	0	--	--	--	--	--	--	--	Analytical or derived from analytical	11477	10/2002
Phenylalanine	g	0.043	0	--	--	--	--	--	--	--	Analytical or derived from analytical	11477	10/2002
Tyrosine	g	0.032	0	--	--	--	--	--	--	--	Analytical or derived from analytical	11477	10/2002
Valine	g	0.054	0	--	--	--	--	--	--	--	Analytical or derived from analytical	11477	10/2002
Arginine	g	0.051	0	--	--	--	--	--	--	--	Analytical or derived from analytical	11477	10/2002
Histidine	g	0.026	0	--	--	--	--	--	--	--	Analytical or derived from analytical	11477	10/2002
Alanine	g	0.063	0	--	--	--	--	--	--	--	Analytical or derived from analytical	11477	10/2002
Aspartic acid	g	0.147	0	--	--	--	--	--	--	--	Analytical or derived from analytical	11477	10/2002
Glutamic acid	g	0.129	0	--	--	--	--	--	--	--	Analytical or derived from analytical	11477	10/2002
Glycine	g	0.046	0	--	--	--	--	--	--	--	Analytical or derived from analytical	11477	10/2002
Proline	g	0.037	0	--	--	--	--	--	--	--	Analytical or derived from analytical	11477	10/2002
Serine	g	0.049	0	--	--	--	--	--	--	--	Analytical or derived from analytical	11477	10/2002

Other													
Alcohol, ethyl	g	0.0	0	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	0	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Theobromine	mg	0	0	--	--	--	--	--	--	--	Assumed zero	--	10/2002

Sources of Data

¹*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12h* , 2008 Beltsville MD

²*National Institutes of Health (NIH) Carotenoid analyses of U.S. foods, Food Composition Laboratory* , 1997

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Release 24 Software v.Release 1.0 3/30/12