

MASHED POTATO WINTER SQUASH



Nutrition Facts

Servings Per Container
Serving size 1/2 fruit (330g)

Amount per serving
Calories **50**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes —g Added Sugars	—%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 1mg	6%
Potassium 1783 mg	40%

*The % Daily Value 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.

MASHED POTATOES F1

90 Days. This variety is an excellent alternative for customers seeking a low-carbohydrate diet. When baked and seasoned with garlic and butter, the nearly white flesh offers the look and consistency of mashed potatoes. The 1½ lb. squash hold their bright white rind color late into fall and are produced in high numbers on a restricted vine.

TYPE: WHITE ACORN SQUASH

Relative Maturity	90 days
Average Weight	1-1.5 lbs.
Shape	Elongated Acorn
Vine	Restricted Vine

HARRIS
 EST SEEDS 1879