



## ACORN SQUASH



Green, gold and white. Naturally sweet and slightly fibrous.

A serving of acorn squash contains 37 percent of the DV for vitamin C, 23 percent of the DV for thiamin and 20 percent of the DV for vitamin B6. It also contains 18 percent of the DV for vitamin A, 10 percent of the DV for folate and 10 percent of the DV for pantothenic acid. A serving of acorn squash contains 26 percent of the DV for potassium, 25 percent of the DV for manganese and 22 percent of the DV for magnesium.

Read more: <http://www.livestrong.com/article/86858-acorn-squash-nutrition-information/#ixzz2bWVdzfmk>

Resources: Gull Meadows Farms  
2544 Gull Road  
Richland MT  
269/629-4214