

Pumpkin Nutrition Facts:

Pumpkins are Healthy Y'all!



Pumpkin - Nutritional Facts per 100 g

Nutrients mg Percentage

Folates	16 mcg	4%
Niacin	0.600 mg	4%
Pantothenic acid	0.298 mg	6%
Pyridoxine	0.061 mg	5%
Riboflavin	0.110 mg	8.5%
Thiamin	0.050 mg	4%
Vitamin A	7384 IU	246%
Vitamin C	9.0 mg	15%
Vitamin E	1.06 mg	7%
Vitamin K	1.1 mcg	1%
Sodium	1 mg	0.5%
Potassium	340 mg	7%
Calcium	21 mg	2%
Copper	0.127 mg	14%
Iron	0.80 mg	10%
Magnesium	12 mg	3%
Manganese	0.125 mg	0.5%
Phosphorus	44mg	5%
Selenium	0.3 mcg	<0.5%
Zinc	0.32 mg	3%



Note: contains Omega 3 and 6 Fatty Acids