



Jim Bauman
Lackmann Culinary
Services
Executive Chef
Pall Corp

CHEF PROFILE SERIES

THANKSGIVING CELEBRATION

Side

Mashed Squash

Nutritional Facts

Serving Size: 1 Cup

Calories 83

Total Fat 0g

Saturated Fat 0g

Sodium 8mg

Total Carbohydrates 22g

Dietary Fiber 7g

Protein 2g

