

	Storage period	Energy (kcal/100 g)	Water (g/100 g)	Protein (g/100 g)	Lipid (g/100 g)	Carbohydrate (g/100 g)	Mineral (g/100 g)
Kogiku pumpkin in Inawashiro	21 days	58	84.9	1.0	0.5	12.4	1.2
Japanese pumpkin	Standard tables of food composition in Japan 2017	49	86.7	1.6	0.1	10.9	0.7
Western pumpkin		91	76.2	1.9	0.3	20.6	1.0