

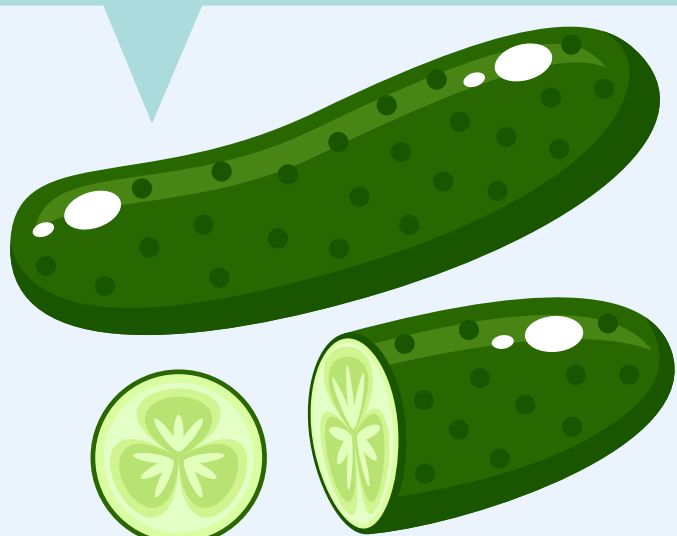


CUCUMBER NUTRITION FACTS

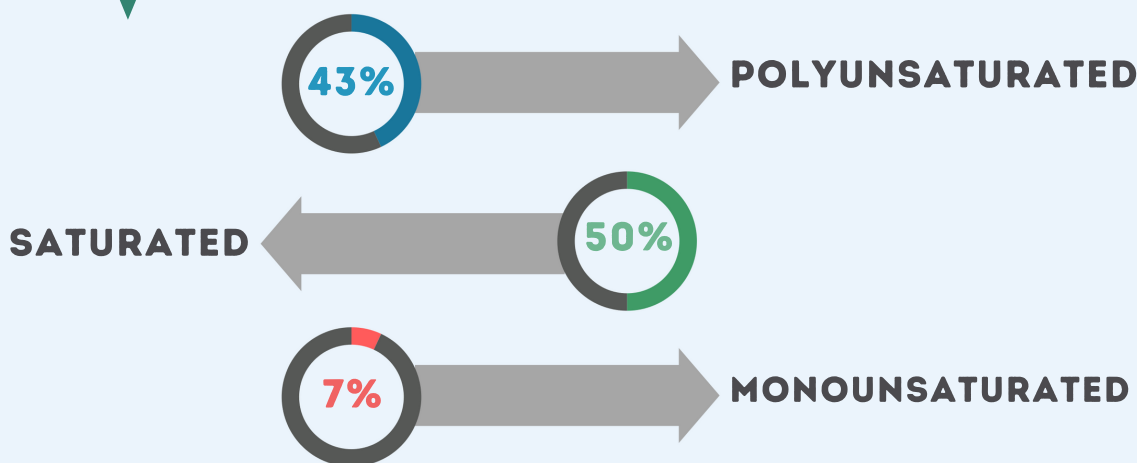


CALORIES 15/100GM

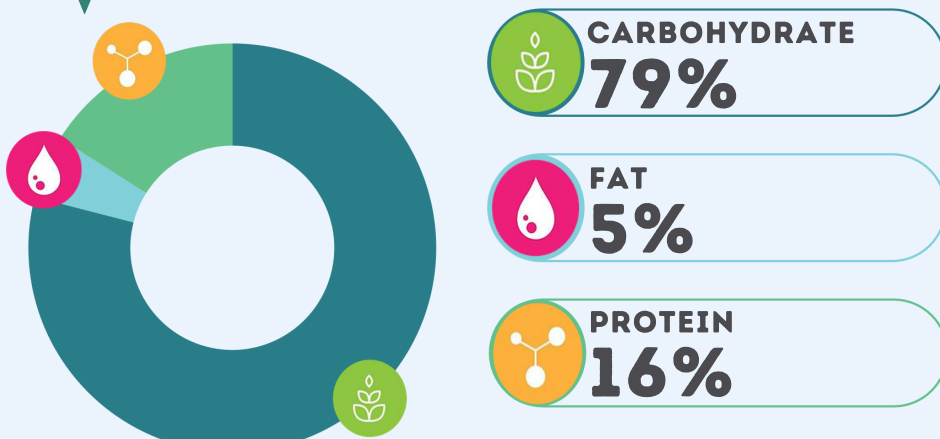
	AMOUNT		AMOUNT
CARBOHYDRATE	3.63 G	NIACIN	0.098 MG
FAT	0.11 G	VITAMIN A	5.00 MCG
PROTEIN	0.65 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.040 MG
FIBER	0.5 G	VITAMIN C	2.8 MG
RIBOFLAVIN	0.033 MG	VITAMIN D	0.00
SODIUM, NA	2 MG	FOLATE	7.00 MCG
THIAMIN	0.027 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



CUCUMBER OTHER NAMES

CUCUMIS SATIVUS
GHERKINS

MINERALS IN CUCUMBER

16 MG CALCIUM, CA 1 % (DV)

0.041 MG COPPER, CU 5 % (DV)

0.28 MG IRON, FE 2 % (DV)

13 MG MAGNESIUM, MG 3 % (DV)

0.3 MCG SELENIUM, SE 1 % (DV)

24 MG PHOSPHORUS, P 3 % (DV)

147 MG POTASSIUM, K 3 % (DV)

0.20 MG ZINC, ZN 2 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.