

Source: USDA National Nutrient Database for Standard Reference 27 Software v.2.0b

Basic Report

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Nutrient data for: 11205,Cucumber, with peel, raw

<u>Nutrient</u>	<u>0.25"cup slices"26.0g</u>	<u>Unit</u>	<u>1Value per100g</u>	<u>1.0"cucumber (8- 1/4")"301.0g</u>
Proximates				
Water	24.76	g	95.23	286.64
Energy	4	kcal	15	45
Protein	0.17	g	0.65	1.96
Total lipid (fat)	0.03	g	0.11	0.33
Carbohydrate, by difference	0.94	g	3.63	10.93
Fiber, total dietary	0.1	g	0.5	1.5
Sugars, total	0.43	g	1.67	5.03
Minerals				
Calcium, Ca	4	mg	16	48
Iron, Fe	0.07	mg	0.28	0.84
Magnesium, Mg	3	mg	13	39
Phosphorus, P	6	mg	24	72
Potassium, K	38	mg	147	442
Sodium, Na	1	mg	2	6
Zinc, Zn	0.05	mg	0.2	0.6
Vitamins				
Vitamin C, total ascorbic acid	0.7	mg	2.8	8.4
Thiamin	0.007	mg	0.027	0.081
Riboflavin	0.009	mg	0.033	0.099
Niacin	0.025	mg	0.098	0.295
Vitamin B-6	0.01	mg	0.04	0.12
Folate, DFE	2	Âµg	7	21
Vitamin B-12	0	Âµg	0	0
Vitamin A, RAE	1	Âµg	5	15
Vitamin A, IU	27	IU	105	316
Vitamin E (alpha-tocopherol)	0.01	mg	0.03	0.09
Vitamin D (D2 + D3)	0	Âµg	0	0
Vitamin D	0	IU	0	0
Vitamin K (phylloquinone)	4.3	Âµg	16.4	49.4
Lipids				
Fatty acids, total saturated	0.01	g	0.037	0.111
Fatty acids, total monounsaturated	0.001	g	0.005	0.015
Fatty acids, total polyunsaturated	0.008	g	0.032	0.096
Cholesterol	0	mg	0	0
Other				
Caffeine	0	mg	0	0