

**Basic Report 11206, Cucumber, peeled, raw**
**Report Date: July 20, 2019 05:35 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, pared, chopped 133g	1 cup, sliced 119g	1 large (8-1/4" long) 280g	1 medium 201g	1 slice 7g	1 small (6-3/8" long) 158g	1 stick (4" long) 9g
<b>Proximates</b>									
Water	g	96.73	128.65	115.11	270.84	194.43	6.77	152.83	8.71
Energy	kcal	10	13	12	28	20	1	16	1
Protein	g	0.59	0.78	0.70	1.65	1.19	0.04	0.93	0.05
Total lipid (fat)	g	0.16	0.21	0.19	0.45	0.32	0.01	0.25	0.01
Carbohydrate, by difference	g	2.16	2.87	2.57	6.05	4.34	0.15	3.41	0.19
Fiber, total dietary	g	0.7	0.9	0.8	2.0	1.4	0.0	1.1	0.1
Sugars, total	g	1.38	1.84	1.64	3.86	2.77	0.10	2.18	0.12
<b>Minerals</b>									
Calcium, Ca	mg	14	19	17	39	28	1	22	1
Iron, Fe	mg	0.22	0.29	0.26	0.62	0.44	0.02	0.35	0.02
Magnesium, Mg	mg	12	16	14	34	24	1	19	1
Phosphorus, P	mg	21	28	25	59	42	1	33	2
Potassium, K	mg	136	181	162	381	273	10	215	12
Sodium, Na	mg	2	3	2	6	4	0	3	0
Zinc, Zn	mg	0.17	0.23	0.20	0.48	0.34	0.01	0.27	0.02
<b>Vitamins</b>									
Vitamin C, total ascorbic acid	mg	3.2	4.3	3.8	9.0	6.4	0.2	5.1	0.3
Thiamin	mg	0.031	0.041	0.037	0.087	0.062	0.002	0.049	0.003
Riboflavin	mg	0.025	0.033	0.030	0.070	0.050	0.002	0.040	0.002
Niacin	mg	0.037	0.049	0.044	0.104	0.074	0.003	0.058	0.003
Vitamin B-6	mg	0.051	0.068	0.061	0.143	0.103	0.004	0.081	0.005
Folate, DFE	µg	14	19	17	39	28	1	22	1
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	4	5	5	11	8	0	6	0
Vitamin A, IU	IU	72	96	86	202	145	5	114	6
Vitamin E (alpha-tocopherol)	mg	0.03	0.04	0.04	0.08	0.06	0.00	0.05	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	7.2	9.6	8.6	20.2	14.5	0.5	11.4	0.6
<b>Lipids</b>									
Fatty acids, total saturated	g	0.078	0.104	0.093	0.218	0.157	0.005	0.123	0.007
Fatty acids, total monounsaturated	g	0.010	0.013	0.012	0.028	0.020	0.001	0.016	0.001
Fatty acids, total polyunsaturated	g	0.019	0.025	0.023	0.053	0.038	0.001	0.030	0.002
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0	0
<b>Amino Acids</b>									
<b>Other</b>									
Caffeine	mg	0	0	0	0	0	0	0	0