

Basic Report 11205, Cucumber, with peel, raw

Report Date: August 20, 2019 21:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup slices 52g	1 cucumber (8-1/4") 301g
Proximates				
Water	g	95.23	49.52	286.64
Energy	kcal	15	8	45
Protein	g	0.65	0.34	1.96
Total lipid (fat)	g	0.11	0.06	0.33
Carbohydrate, by difference	g	3.63	1.89	10.93
Fiber, total dietary	g	0.5	0.3	1.5
Sugars, total	g	1.67	0.87	5.03
Minerals				
Calcium, Ca	mg	16	8	48
Iron, Fe	mg	0.28	0.15	0.84
Magnesium, Mg	mg	13	7	39
Phosphorus, P	mg	24	12	72
Potassium, K	mg	147	76	442
Sodium, Na	mg	2	1	6
Zinc, Zn	mg	0.20	0.10	0.60
Vitamins				
Vitamin C, total ascorbic acid	mg	2.8	1.5	8.4
Thiamin	mg	0.027	0.014	0.081
Riboflavin	mg	0.033	0.017	0.099
Niacin	mg	0.098	0.051	0.295
Vitamin B-6	mg	0.040	0.021	0.120
Folate, DFE	µg	7	4	21
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	5	3	15
Vitamin A, IU	IU	105	55	316
Vitamin E (alpha-tocopherol)	mg	0.03	0.02	0.09

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	16.4	8.5	49.4
Lipids				
Fatty acids, total saturated	g	0.037	0.019	0.111
Fatty acids, total monounsaturated	g	0.005	0.003	0.015
Fatty acids, total polyunsaturated	g	0.032	0.017	0.096
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0