

Cucumber



Cucumber, with peel, raw Nutritional value per 100 g (3.5 oz)	
Energy	65 kJ (16 kcal)
Carbohydrates	3.63 g
- Sugars	1.67
- Dietary fiber	0.5 g
Fat	0.11 g
Protein	0.65 g
Water	95.23
Thiamine (vit. B1)	0.027 mg (2%)
Riboflavin (vit. B2)	0.033 mg (3%)
Niacin (vit. B3)	0.098 mg (1%)
Pantothenic acid (B5)	0.259 mg (5%)
Vitamin B6	0.04 mg (3%)
Folate (vit. B9)	7 µg (2%)
Vitamin C	2.8 mg (3%)
Vitamin K	16.4 µg (16%)
Calcium	16 mg (2%)
Iron	0.28 mg (2%)
Magnesium	13 mg (4%)
Manganese	0.079 mg (4%)
Phosphorus	24 mg (3%)
Potassium	147 mg (3%)
Sodium	2 mg (0%)
Zinc	0.2 mg (2%)
Fluoride	1.3 µg

Percentages are roughly approximated using US recommendations for adults.

Source: USDA Nutrient Database