

Nutrition Facts

Serving Size 1/2 cup slices



Amount Per Serving

Calories from Fat 1

Calories 8



% Daily Values*

Total Fat 0.06g **0%**

Saturated Fat 0.018g **0%**

Polyunsaturated Fat 0.028g

Monounsaturated Fat 0.002g

Cholesterol 0mg **0%**

Sodium 1mg **0%**

Potassium 76mg

Total Carbohydrate 1.89g **1%**

Dietary Fiber 0.3g **1%**

Sugars 0.87g

Protein 0.34g



Vitamin A 1% Vitamin C 2%

Calcium 1% Iron 1%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Values are based on USDA Nutrient Database SR18

Nutrition summary:

Calories	Fat	Carbs	Protein
8	0.06g	1.89g	0.34g

There are **8 calories** in a 1/2 cup slices of Cucumber (with Peel).

Calorie breakdown: **6% fat**, 86% carbs, 8% protein.

Cucumber

k55120

Common serving sizes:

Serving Size	Calories
■ 1 oz	4
■ 1/2 cup slices	8
■ 100 g	15
■ 1 cucumber (8-1/4")	45
■ 1 lb	68