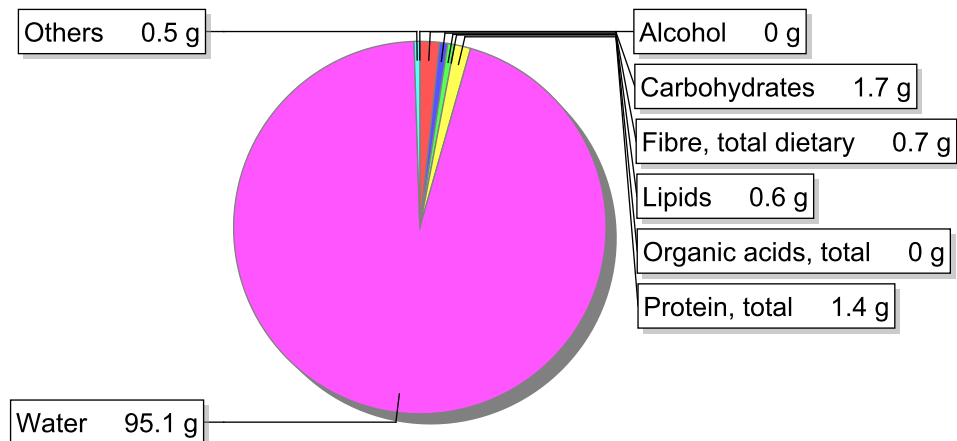


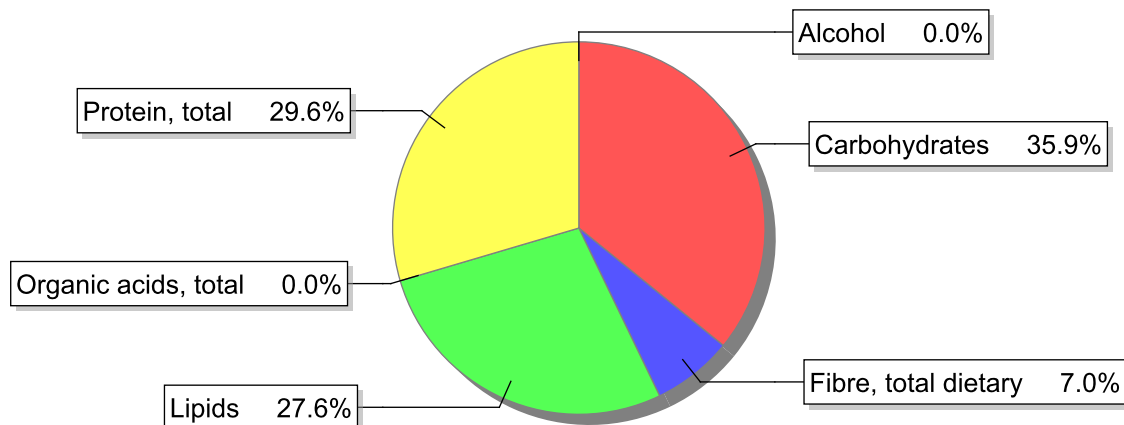
Food

Name: Cucumber, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 64%
Code: IS611
FoodEX2 Code: A00JM

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	19	kcal	
energy kJ, total metabolisable	81	kJ	
fatty acids, total saturated	0.2	g	57
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.2	g	57
fatty acid 18:2 n-6 cis,cis	0.1	g	57
fatty acids, total trans	0	g	
sugars, total	1.6	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.0	g	
starch, total	0.1	g	
protein, total	1.4	g	57
alcohol	0	g	
water	95.1	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	6	µg	
carotene, total (vitamin A precursors)	35	µg	
vitamin D	0	µg	
alpha-tocopherol	0.07	mg	
thiamin	0.02	mg	57
riboflavin	0.01	mg	57
niacin, preformed	0.6	mg	
niacin equivalents, total	0.7	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.05	mg	57
vitamin B-12	0	µg	
vitamin C	3	mg	57
folate, total	9	µg	
ash	0.30	g	
sodium	3	mg	
potassium	140	mg	
calcium	10	mg	57
phosphorus	18	mg	57
magnesium	8	mg	
iron, total	0.5	mg	57
zinc	0.1	mg	57

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB