



Food ID: D069

Food name and Description: Cucumber

Scientific name: *Cucumis sativus*

Alternate/Common name(s): Pipino

Edible portion: 88%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	95.9
Energy, calculated (kcal)	16
Protein (g)	0.5
Total Fat (g)	0.1
Carbohydrate, total (g)	3.2
Ash, total (g)	0.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.7
Sugars, total (g)	2.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	12
Phosphorus, P (mg)	17
Iron, Fe (mg)	0.1
Potassium, K (mg)	108
Sodium, Na (mg)	13
Zinc, Zn (mg)	0

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	15
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	2

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.01
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0.01
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0
Oleic , C18:1 (g)	0
Fatty acids, polyunsaturated, total(g)	0
Linoleic, C18:2 (g)	0
Linolenic, C18:3 (g)	0
Cholesterol (mg)	0