

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: D278 Food name and Description: Cucumber, salted, cnd Scientific name: Alternate/Common name(s): Pipino, inasnan, de lata Edible portion: 100%

# Proximates (Food Composition per 100g Edible Portion)

Water (g)	80.6
Energy, calculated (kcal)	37
Protein (g)	2.9
Total Fat (g)	0.2
Carbohydrate, total (g)	5.8
Ash, total (g)	10.5

#### Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.9
Sugars, total (g)	-

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	168
Phosphorus, P (mg)	52
Iron, Fe (mg)	7.1
Sodium, Na (mg)	3959

#### Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

### Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.05
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0.08
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 07/20/2025 14:45:30