

# BABY CUCUMBERS



Pickles are made from cucumbers! Placed in a bath of saltwater or vinegar, these cuties become pickles, a crunchy topping to add to your hamburger!

## PRODUCE PARTICULARS

With vibrant green skin and a mild, lightly sweet flavor, cucumbers are crunchy and refreshing!

There are three main varieties of cucumber—slicing, pickling, and seedless.

Cucumbers are high in water content and low in calories. A perfect healthy snack!



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 15**

% Daily Value \*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 2%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.3mg 2%

Potassium 150mg 4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Cucumber, With Peel, Raw

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