

CUCUMBER SLICES



It only takes 12 weeks from planting seed to harvesting cucumbers. How many months is 12 weeks?

PRODUCE PARTICULARS

Cucumbers are made up of 95% water! Snacking on cucumbers can also help you feel fuller while hydrating you.



Because they grow from a plant blossom (flower) and have seeds, they are technically a fruit. Cool!



Cucumbers are a source of potassium, a mineral that supports a healthy heart and muscles.



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

FRESHEALTH