

# Cucumbers

## Nutrition Facts

Serving Size: ½ cup cucumbers, sliced  
(52g)

Calories 8                      Calories from Fat 0

% Daily Value

Total Fat 0g                      0%

Saturated Fat 0g                      0%

Trans Fat 0g

Cholesterol 0mg                      0%

Sodium 1mg                      0%

Total Carbohydrate 2g                      1%

Dietary Fiber 0g                      1%

Sugars 1g

Protein 0g

Vitamin A 1%                      Calcium 1%

Vitamin C 3%                      Iron 1%

Other nutrients: Vitamin K (11%)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11205

# Pickles

## Nutrition Facts

Serving Size: ½ cup dill pickle, sliced  
(78g)

Calories 9                      Calories from Fat 0

% Daily Value

Total Fat 0g                      0%

Saturated Fat 0g                      0%

Trans Fat 0g

Cholesterol 0mg                      0%

Sodium 678mg                      28%

Total Carbohydrate 2g                      1%

Dietary Fiber 1g                      4%

Sugars 1g

Protein 0g

Vitamin A 3%                      Calcium 3%

Vitamin C 1%                      Iron 2%

Other nutrients: Vitamin K (38%)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11937