

# Cucumber Nutritional Facts

One medium unpeeled, raw cucumber contains:

- Calories: 30
- Total fat: 0 grams
- Carbs: 6 grams
- Protein: 3 grams
- Fiber: 2 grams
- Vitamin C: 10% of the RDI
- Vitamin K: 57% of the RDI
- Magnesium: 9% of the RDI
- Potassium: 12% of the RDI
- Manganese: 9% of the RDI

Cucumbers are from the **Cucurbitaceae** family, just like watermelon, squash, and zucchini.

Cucumbers are originally from South Asia and grow off a vine. Cucumbers are classified as a **berry**, but are normally prepared and eaten as a vegetable.

Cucumbers are 95% water, which can help keep you **hydrated**. Most of the **nutrients** are found in the skin, so it is best to eat cucumbers unpeeled to maximize the health benefits. Be sure to wash your cucumbers before eating.

## Asian Cucumber Salad

- 4 cups of very thinly sliced cucumbers
- 1/4 cup of finely sliced red onion
- 1/4 cup of finely diced red pepper
- 1/4 cup of rice wine vinegar
- 1 teaspoon of honey
- 1 teaspoon of sesame seeds
- 1/2 teaspoon toasted sesame oil
- 1/4 teaspoon of red pepper flakes
- 1/4 teaspoon of sea salt



1. Add very thinly sliced cucumber, sliced red onion, diced red pepper, and sesame seeds to a medium size bowl. Set aside.
2. In a small bowl mix together rice wine vinegar, honey, toasted sesame oil, red pepper flakes, and sea salt .
3. Add dressing to the cucumber bowl. Toss to mix everything.
4. Serve immediately or cover and let sit in the refrigerator for an hour or two to let all the flavors meld.

# Cucumber Pineapple Smoothie

- 1 cup frozen or fresh pineapple
- 1 cup cubed cucumber
- 10-15 mint leaves - spearmint
- 1- inch ginger
- 1 apple
- 1 cup water or fresh juice

1. Peel the skin of the cucumber and chop/slice it. Chop the pineapple pieces and apple. Peel the skin of ginger.
2. Blend all the ingredients in the blender.
3. Pour the smoothie into a glass and enjoy it immediately!



# Cucumber Sandwiches

- 2 ounces cream cheese, at room temperature
- 1 tablespoon low-fat plain Greek yogurt
- 1 tablespoon sliced fresh chives
- 1 tablespoon chopped fresh dill
- ¼ teaspoon ground pepper
- 2 slices whole-wheat sandwich bread
- ⅓ cup thinly sliced English cucumber



1. Stir cream cheese, yogurt, chives, dill and pepper together in a small bowl until well blended. Spread the mixture evenly on one side of each bread slice. Top 1 slice with cucumber slices, then top with the other bread slice, cream cheese-side down. Cut the crusts from the sandwich and cut it in half diagonally.

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