

# Cucumbers

NO IMAGE

|                      |          |                       |           |
|----------------------|----------|-----------------------|-----------|
| <b>Servings:</b>     | 1.00     | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 0.50 Cup | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-57980   |

## Ingredients

| Description     | Measurement | Prep Instructions | DistPart # |
|-----------------|-------------|-------------------|------------|
| CUCUMBER SELECT | 1/2 Cup     |                   | 418439     |

## Preparation Instructions

Wash cucumber and tomato. • Hold cold foods at 41 °F or below Serve in 4 ounce tray  
1/2cup=3.05 oz

### Meal Components

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 0.000 |
| <b>Grain</b>                    | 0.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>DarkGreen</b>                | 0.000 |
| <b>Red/Orange</b>               | 0.000 |
| <b>OtherVeg</b>                 | 0.500 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starchy</b>                  | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

| Amount Per Serving            |                         |
|-------------------------------|-------------------------|
| <b>Calories</b>               | 7.80                    |
| <b>Fat</b>                    | 0.10g                   |
| <b>Saturated Fat</b>          | 0.00g                   |
| <b>Trans Fat</b>              | 0.00g                   |
| <b>Cholesterol</b>            | 0.00mg                  |
| <b>Sodium</b>                 | 1.00mg                  |
| <b>Carbohydrates</b>          | 2.00g                   |
| <b>Fiber</b>                  | 0.30g                   |
| <b>Total Sugar</b>            | 1.00g                   |
| <b>Added Sugar</b>            | 0.00g                   |
| <b>Protein</b>                | 0.30g                   |
| <b>Vitamin A</b> 54.60mcg RAE | <b>Vitamin C</b> 1.46mg |
| <b>Calcium</b> 8.32mg         | <b>Iron</b> 0.15mg      |

## **Nutrition - Per 100g**

---

No 100g Conversion Available

---