

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%

Source: 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%

Source: www.nal.usda.gov/fnic/foodcomp/search/
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