

CUCUMBER LARGE

- **Cucumber (*Cucumis Sativus*)** is a widely cultivated plant in the gourd family, Cucurbitaceae. It is a creeping vine bears cucumiform fruits that are used as vegetables.
- Consists mostly of water, and they also contain important electrolytes. They can help prevent dehydration in hot weather or after a workout.



PACKING DETAILS

Weight	10Kg
Units/ Case	10Kg/ Drum
Cases/ Pallet	48
Shelf-life	12 Months
Pack Language	English & Arabic

INGREDIENTS:

Cucumber	Water
Salt	Lactic acid
Non-GMO products	

STORAGE AND HANDLING

Can be kept at room temperature in a cool and dry place.
Unopened may be stored for as long as 12 months.
Cover with cling film and then store under refrigerated conditions.

NUTRITION FACTS:

Nutritional Value per 100g (3.5oz)	
Energy	65 kJ (16kcal)
Carbohydrates	3.63g
Sugars	1.67
Dietary Fiber	0.5g
Fat	0.11g
Protein	0.65g
Vitamins	
Thiamine (B1) 0.027mg	2% DVT
Riboflavin (B2) 0.033mg	3% DVT
Niacin (B3) 0.098mg	1% DVT
Pantothenic acid (B5) 0.259mg	5% DVT
Vitamin B6 0.04mg	3% DVT
Folate (B9) 7µg	2% DVT
Vitamin C 2.8mg	3% DVT
Vitamin K 16.4 µg	16% DVT
Minerals	
Calcium 16mg	2% DVT
Iron 0.28mg	2% DVT
Magnesium 13mg	4% DVT
Manganese 0.079mg	4% DVT
Phosphorus 24mg	3% DVT
Potassium 147mg	3% DVT
Sodium 2mg	0% DVT
Zinc 0.2mg	2% DVT
Water	95.23g
Fluoride	1.3µg