

Interesting Facts

Cucumber are 80% water



- ▶ Cucumber is 80% water, and the remaining 20% is vitamins, minerals and trace elements.
- ▶ Contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
- ▶ This high water content also helps to keep cucumbers low in calories, which can make them a healthy snack choice.

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