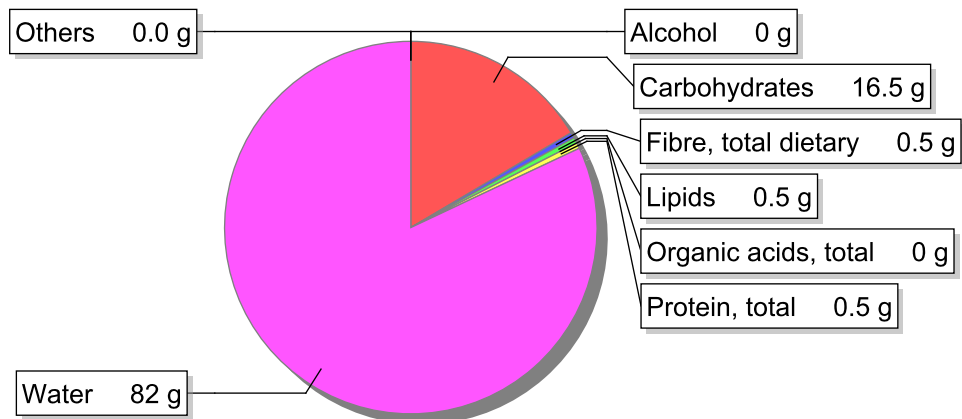


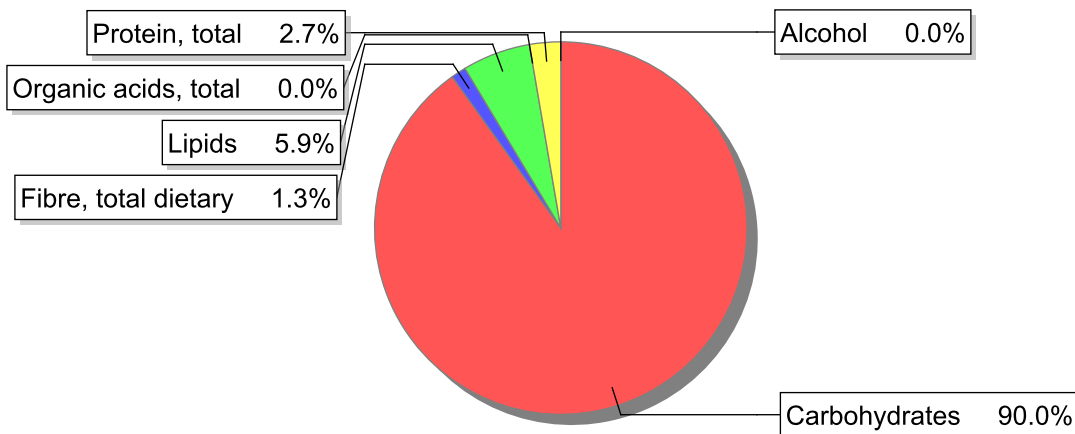
Food

Name: Cucumber, pickled
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 100%
Code:
FoodEX2 Code: A00ZJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	74	kcal	
energy kJ, total metabolisable	312	kJ	
fatty acids, total saturated	0.2	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	650
sugars, total	12.5	g	650
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.7	g	
fibre, total dietary	0.5	g	650
protein, total	0.5	g	650
alcohol	0	g	650
water	82	g	650
organic acids, total	0	g	
cholesterol	0	mg	650
vitamin A; retinol equiv from retinol and carotenoid activities	1	µg	
carotene, total (vitamin A precursors)	7	µg	
vitamin D	0	µg	650
alpha-tocopherol	0.1	mg	
thiamin	0.01	mg	650
riboflavin	0.02	mg	650
niacin, preformed	0.04	mg	650
niacin equivalents, total	2.04	mg	
niacin equivalents from tryptophan	2	mg	650
vitamin B-6, total	0.01	mg	650
vitamin B-12	0	µg	650
vitamin C	4	mg	650
folate, total	8	µg	650
ash	0.43	g	
sodium	290	mg	650
potassium	99	mg	650
calcium	15	mg	650
phosphorus	15	mg	650
magnesium	6.5	mg	650
iron, total	0.6	mg	650
zinc	0.2	mg	650
selenium, total	0.3	µg	650

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
650	Danish Food Composition Databank version 7.01, 2009, FoodExplorer