

## Health benefits of Cucumber

- It is one of the very low calorie vegetables; provide just **15 calories per 100 g**. It contains no saturated fats or cholesterol. Cucumber peel is a good source of dietary fiber that helps reduce constipation, and offers some protection against colon cancers by eliminating toxic compounds from the gut.
- It is a very good source of potassium, an important intracellular electrolyte. 100 g of cucumber provides 147 mg of potassium but only 2 mg of sodium. Potassium is a heart friendly electrolyte helps bring a reduction in total blood pressure and heart rates by countering effects of sodium.

They surprisingly have a high amount of **vitamin K**, provides about 17 µg of this vitamin per 100 g. Vitamin-K has been found to have a potential role in bone strength by promoting osteotrophic (bone mass building) activity. It also has established role in the treatment of Alzheimer's disease patients by limiting neuronal damage in their brain.

Principle	Nutrient Value	Percentage of RDA
Energy	15 Kcal	<1%
Carbohydrates	3.63 g	3%
Protein	0.65 g	1%
Total Fat	0.11 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	0.5 g	1%
Vitamin A	105 IU	3.5%
Vitamin C	2.8 mg	4.5%
Vitamin E	0.03 mg	0%
Vitamin K	16.4 µg	13.6%
Calcium	16 mg	1.6%
Iron	0.28 mg	3.5%
Magnesium	13 mg	3%
Manganese	0.079 mg	3.5%
Phosphorus	24 mg	3%
Phosphorus		
Zinc	0.20 mg	2%
Thiamin	0.027 mg	2%