



LONG ENGLISH CUCUMBERS



Fresh Facts

With their deep, dark green skin and crisp, refreshing flavour, our Long English cucumbers will add a whole lot of taste and texture to your salads, sandwiches or veggie platters.

Cucumbers are composed of over 90% water and are a source of manganese, folate, fiber and magnesium. They not only taste great but they hydrate! As they are one of the few vegetables that contain nonheme, a plant derived iron, they are essential to any vegetarian's diet. Whichever way you slice it, cucumbers are a tasty, nutritious treat.

Long English Cucumbers

Nutrition Facts Valeur nutritive

Per 100 g / par 100 g

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 15	
Fat / Lipides 0 g	0 %
Saturates / saturés 0 g	
+ Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 40 mg	2 %
Potassium / Potassium 75 mg	2 %
Carbohydrate / Glucides 4 g	1 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	2 %
Iron / Fer	2 %



Rooted in Freshness.