



MINI CUCUMBERS



Fresh Facts

Smaller in size than our Long English Cucumber, our Mini Cukes are big on flavour. Offering a crunchy texture Mini Cucumbers make the perfect snack on their own or as a garnish in a bold summer salad.

Not only are mini cucumbers a tasty 10 calorie snack, they provide an array of essential nutrients. Cucumbers are composed of over 90% water and are a source of manganese, folate, fiber and magnesium. As they are one of the few vegetables that contain nonheme, a plant derived iron, they are essential to any vegetarian's diet. Any way you slice it, cucumbers are a tasty and nutritious treat.

Mini Cukes

Nutrition Facts Valeur nutritive

Per 100 g / par 100 g

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 20	
Fat / Lipides 0 g	0 %
Saturates / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 50 mg	2 %
Potassium / Potassium 120 mg	3 %
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	4 %
Calcium / Calcium	2 %
Iron / Fer	2 %



Rooted in Freshness.