

# Cucumbers



## About Cucumbers

- The term “cool as a cucumber” is actually derived from the cucumber’s ability to cool the temperature of the blood.
- Cucumbers are about 95 percent water.
- A half –cup sliced cucumbers has 8 calories

## Selecting and Storing

- Store cucumbers whole and unpeeled to keep them from going bad.
- Cucumbers do not freeze well, but you can store them in the fridge. Just make sure to not rinse them with water before you put them in the fridge.
- Do not store next to fruits, this will cause cucumbers to rot faster.

[www.scph.org](http://www.scph.org)

# Cucumbers



## About Cucumbers

- The term “cool as a cucumber” is actually derived from the cucumber’s ability to cool the temperature of the blood.
- Cucumbers are about 95 percent water.
- A half –cup sliced cucumbers has 8 calories

## Selecting and Storing

- Store cucumbers whole and unpeeled to keep them from going bad.
- Cucumbers do not freeze well, but you can store them in the fridge. Just make sure to not rinse them with water before you put them in the fridge.
- Do not store next to fruits, this will cause cucumbers to rot faster.

[www.scph.org](http://www.scph.org)

# Cucumber & Snap Pea Salad

Makes: 8servings (1/2 cup)

## Ingredients

- 1 cup plain non-fat Greek yogurt
- 1/4 cup white wine vinegar
- 1 teaspoon caraway seed
- 1 cucumber, sliced
- 3/4 pound sugar snap peas, trimmed and halved
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper

## Instructions

1. Whisk together the yogurt, vinegar, caraway seed, salt and pepper.
2. Fold in the cucumber and snap peas.
3. Refrigerate for up to 8 hours.

Source: <https://www.realsimple.com/food-recipes/browse-all-recipes/cucumber-snap-pea-salad>

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(116g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>40</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1mg	6%
Potassium 44mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

www.scph.org

Analyzed using EHSA Food Processor; version 11.4

# Cucumber & Snap Pea Salad

Makes: 8servings (1/2 cup)

## Ingredients

- 1 cup plain non-fat Greek yogurt
- 1/4 cup white wine vinegar
- 1 teaspoon caraway seed
- 1 cucumber, sliced
- 3/4 pound sugar snap peas, trimmed and halved
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper

## Instructions

1. Whisk together the yogurt, vinegar, caraway seed, salt and pepper.
2. Fold in the cucumber and snap peas.
3. Refrigerate for up to 8 hours.

Source: <https://www.realsimple.com/food-recipes/browse-all-recipes/cucumber-snap-pea-salad>

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(116g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>40</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1mg	6%
Potassium 44mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

www.scph.org

Analyzed using EHSA Food Processor; version 11.4