

About Cucumbers

Cucumbers are incredibly low in calories, just 16 calories per 1 cup, and have no fat, cholesterol or sodium. In addition, one serving of cucumbers has just 3 grams of carbs—enough to give you energy without pesky side effects! Cucumber nutrition facts also reveal a relatively high fiber content, which when combined with the 1 gram of protein per cup, gives cucumbers its fat burning properties.

It's important to note that while cucumbers do not have large quantities of vitamins and minerals in them, one small cup does provide you with small doses of nearly all essential vitamins and nutrients.

Eating one serving of cucumbers will give you vitamins A, C, K, B6 as well as folate and thiamin. Aside from salt, all minerals are present and accounted for in one cup of cucumbers, including; calcium, iron, manganese, selenium, zinc and potassium.

What this means is that although there are no nutritional rock stars, cucumber nutrition facts provide a great way to boost your daily vitamin and mineral intake.

Health Benefits of Cucumbers

Favorable combination of water and minerals

Good detox. Reduces weight. The combination of water and mineral contents are optimal for kidney function. Elimination of toxins. Under eye swelling is reduced!

Because of its high water content many health benefits of cucumber are physical, such as clear skin, reduction in under eye swelling and sunburn relief. But the water content in cucumbers is also responsible for helping rid your body of toxins that can make you sick.

Although not a fat burning superstar on its own, adding cucumber to a salad can help boost your daily fiber intake for increased fat burning for weight loss. And thanks to the water content, you'll get the fluid you need to help process fiber. The peel of the cucumber is an excellent source of dietary fiber that can relieve constipation and protect against some types of colon cancer.

One cup of cucumbers has 16 micrograms of magnesium and 181 mg of potassium, which can help control and reduce high blood pressure. When combined with a well-balanced diet, cucumbers can help you regulate blood pressure.

Another major health benefit of cucumbers that often goes unnoticed is due to the 12% of vitamin K found in just 1 cup. This vitamin helps build bone strength, which can reduce risk of osteoporosis and arthritis.

