Nutritional Information for CUCUMBER SELECT SUPER 45# MRKN

Product Number:	**198587**
Description:	**Cucumber with peel raw**

Nutritional Information			
Serving Size 1 cup (52 g)			
Amount Per Serving			
Calories 8		**Calories from Fat 1**	
		% Daily Value	
Total Fat	**0 g**	**0%**	
Saturated Fat	0 g	0%	
Trans Fat	n/a		
PolyUnSat	0 g	n/a	
MonoUnSat	0 g	n/a	
Cholesterol	**0 mg**	**0%**	
Sodium	**1 mg**	**0%**	
Potassium	**76 mg**	**2%**	
Total Carbs	**2 g**	**1%**	
Dietary Fiber	0 g	1%	
Sugars	1 g	n/a	
Protein	**0 g**	**1%**	
Vitamin A -	1%	Vitamin C -	2%
Calcium -	1%	Iron -	1%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Nutritional Information		Nutritional Information	
		Vitamin D	n/a
Meat/Meat Alternative	n/a	Vitamin D	n/a
Fruit/Vegetables	n/a	Vitamin E	0 mg
Grain/Bread	n/a	Vitamin K	9 mcg
Child Nutrition Label	No	Vitamin A	55 IU
		Vitamin A	n/a

Nutritional Information		Nutritional Information	
Thiamin B1	0 mg	Phosphorus	13 mg
Riboflavin B2	0 mg	Zinc	0 mg
Niacin B3	0 mg	Magnesium	7 mg
Pyridoxine B6	0 mg	Copper	0 mg
Cobalamin B12	0 mcg	Selenium	0 mg
Pantothenic Acid	0 mg	Calcium	8 mg
Vitamin C	1 mg	Iron	0 mg
Folic Acid	0 mcg	Manganese	0 mg
		Iodine	n/a

Ingredients:	**Ingredients: Cucumbers. COMMON ALLERGENS PRESENT: No Known Allergens. Nutrition and Ingredient statement updated May 2008. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.**