Cucumbers in Balasamic Vinegar Dr100

Number of Servings: 100 (58.52 g per serving)

Amount	Measure	Ingredient
11.00	qt	Cucumber, w/o skin, fresh, pared, chpd

Nutrients per serving

Nutrition Facts

Serving Size (59g)
Servings Per Container

Amount Per Serving

Calories 5 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat --g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 0g	

Vitamin A 0% • Vitamin C 4%
Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Notes

* Peel cucumbers and dice or slice, purchase approximately 2-3# per 10 servings.

Add 1 T. Balsamic Vinegar Dressing per serving (16 T in 1 cup), stir lightly and marinate, chilled in refrigerator for 4 hours or overnight.
Serve 1/2 c or #8 scoop per serving
1/2 = 1 vegetable serving = 2.5 grams carbohydrate = 0 Carb Serv