



Cucumbers have a refreshing quality, in part because of their very high water content. They are divided into two categories: pickling and slicing. Pickling cucumbers are bitter when raw and, as the name implies, are used to make pickles. These types of cucumbers include cornichon, dill, and gherkin.

Slicing cucumbers, on the other hand, include varieties such as the seedless English (or hothouse), the lemon, and the common green market cucumber.

Some cucumbers contain seeds while others do not.

Common varieties of cucumbers are available year long with peak season from April to October.

One half cup of cucumbers contains only 8 calories and 1.9 grams of carbohydrates, making them a very low calorie food choice. If you are trying to reduce carbohydrate intake, substitute crackers with cucumber slices.

Cucumber Health Benefits

Cucumbers with the skin contain a fair amount of vitamin K, about nine percent of the daily needs in one-half cup. Vitamin K is a fat soluble vitamin that assists in blood clotting.

For those people on Coumadin, it's important to keep your intake of vitamin K consistent.

How Many Calories Are in Pickles?

According to the US Department of Agriculture National Nutrient Database, one large pickle (about four inches long) contains 16 calories, 0.4 grams fat, 3.25 grams carbohydrate, 1.4 grams fiber, 1.4 grams sugar, 0.7 g protein, and 1092 mg sodium.

Pickles are a very low calorie food, however, they contain nearly half of the amount of sodium we should eat in a day. If you are looking to follow a low sodium diet or are salt sensitive and have a history of high blood pressure, eating pickles is probably not the best food choice.