

# Cucumber with Lemon

## Ingredients:

1 cucumber, peeled and sliced  
 1 lemon  
 ½ tsp. lemon zest  
 ⅛ tsp. salt  
 ½ tsp. pepper  
 1 tsp. chili powder



Nutrition Facts	
Serving Size 1/2 cup (113g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 20</b>	Calories from Fat 0
% Daily Value*	
<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> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 1g	
Vitamin A 4%	• Vitamin C 30%
Calcium 2%	• Iron 2%
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## Directions:

1. Peel and slice cucumber and place in a bowl.
2. Cut lemon in half and remove seeds. Squeeze lemon juice onto sliced cucumber.
3. Sprinkle with lemon zest, salt, pepper and chili powder, toss gently.
4. Marinate in the fridge for 1 hour.