

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

Calories 20 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Total Carbohydrate 5g **2%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 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.