

# きゅうりの栄養たち

## Cucumber nutrition facts



### 栄養と効果一覧

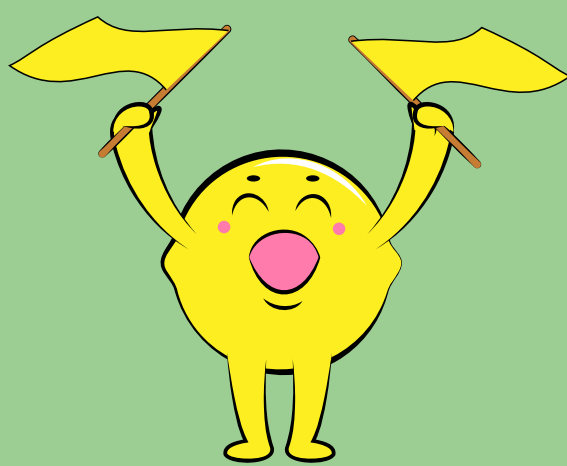
#### List of nutritional effects



ホスホリパーゼ  
Phospholipase

**脂肪を分解する**

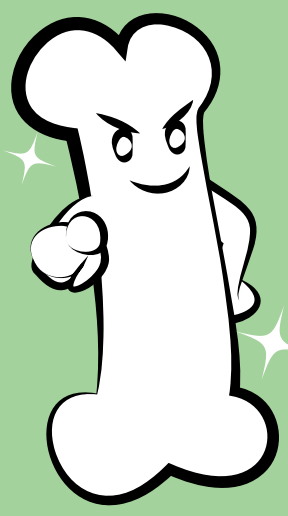
**Break down fat**



ビタミンC  
Vitamin C

**疲れをとってくれる**

**Relieves fatigue**



カルシウム  
Calcium

**骨や歯の材料になる**

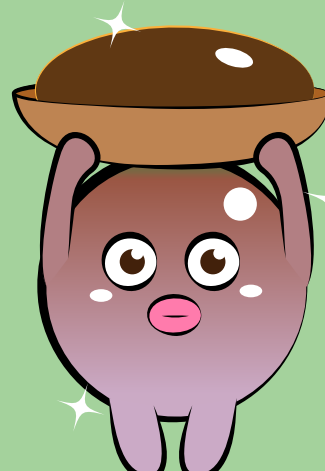
**Become material for bones and teeth**



カリウム  
Potassium

**摂りすぎた塩分を出す**

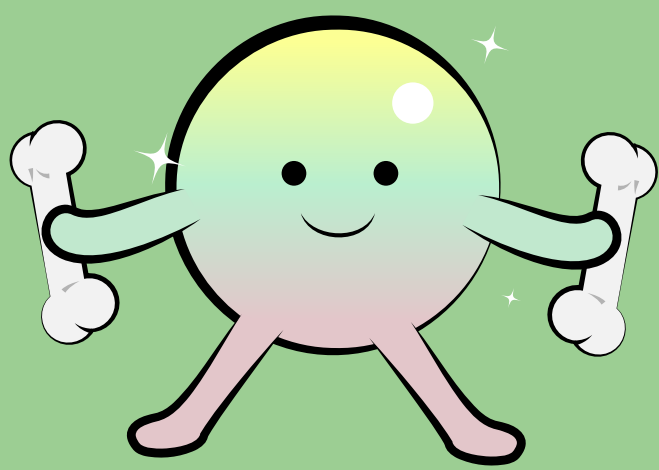
**Get rid of excess salt**



マグネシウム  
Magnesium

**血をサラサラにする**

**Make the blood smooth**



**リン**  
Rin

**筋肉や脳の栄養になる**  
*Nourish your muscles and brain*



**食物繊維**  
Dietary fiber

**便秘の改善に役立つ**  
*Helps improve constipation*

**カロリー**  
*calorie*



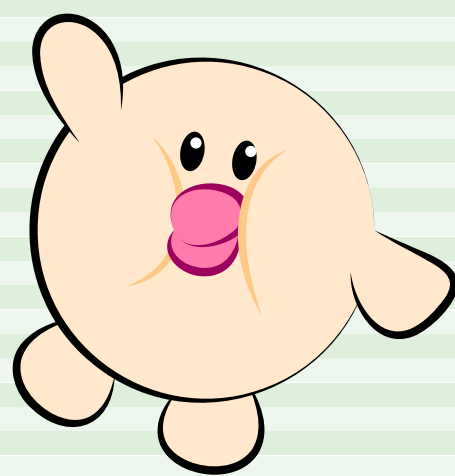
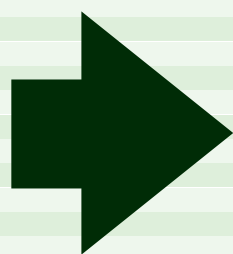
**14 kcal /100g**

**特徴**  
*feature*

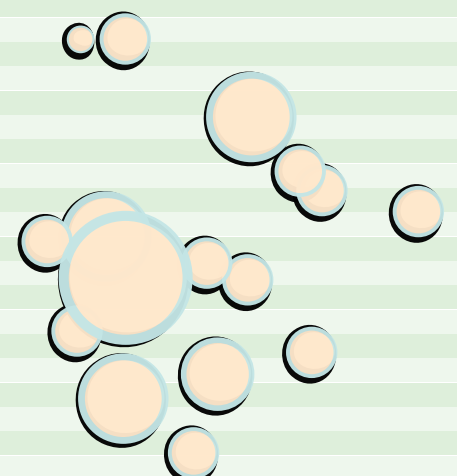
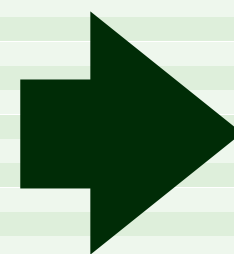
**脂肪を分解してくれる低カロリー野菜**  
*Low-calorie vegetables that break down fat*



**酵素**  
enzyme

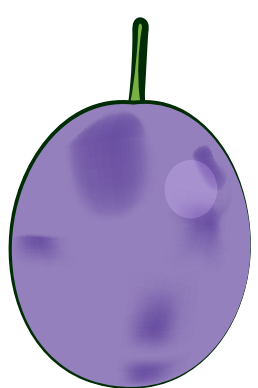


**脂肪**  
fat



**分解**  
Disassembly

**きゅうりの白い粉**  
*cucumber white powder*

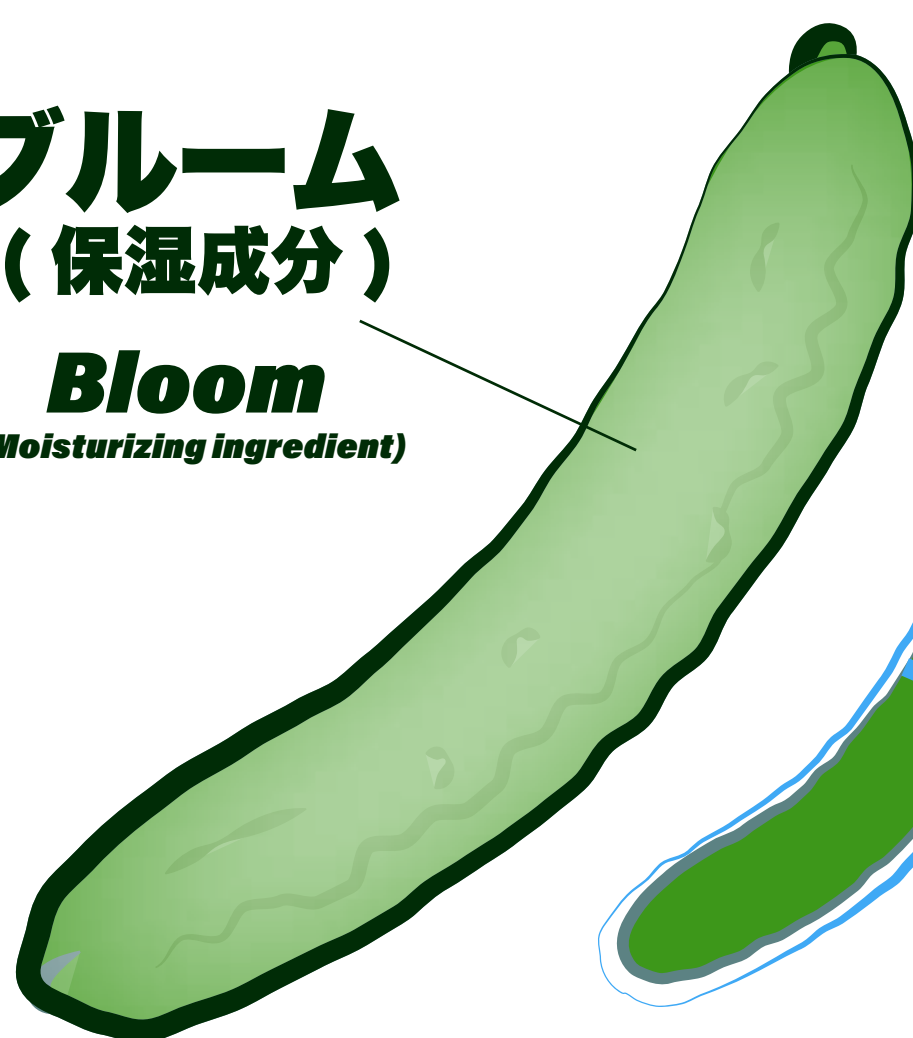


**プルーン**  
Prune

=

**ブルーム**  
(保湿成分)

**Bloom**  
(Moisturizing ingredient)



**蒸発を防ぐ**  
*prevent evaporation*

  
**保湿**  
*moisturizing*

  
**防水**  
*waterproof*

  
**防菌**  
*antibacterial*