

# Cucumber Roll Recipe

Jan 8, 2026 · The benefits of eating cucumber, or *Cucumis sativus*, range from helping with hydration to supporting heart health. Cucumbers are available in different sizes, colors, and types. With special molds, you can grow cucumbers in different shapes, like hearts and stars! A favorite vegetable for more than 3,000 years, the cucumber originated in northern India and was cultivated in ... Apr 15, 2026 · Cucumber, (*Cucumis sativus*), creeping plant of the gourd family (*Cucurbitaceae*), widely cultivated for its edible fruit. The nutritional value of the cucumber is low, but its delicate flavour makes ... Mar 24, 2026 · A cucumber is a nutritious fruit with a high water content. It's great at preventing dehydration, among other health benefits. Here's what you need to know. Feb 29, 2024 · Cucumber is a nutritious fruit with a high water content. Eating cucumber may help lower blood sugar, prevent constipation, and support weight loss. May 27, 2025 · The cucumber is a member of the *Cucurbitaceae* family, which also includes squash and different kinds of melon, including bitter melon. Cucumbers provide various nutrients but are low in... Nov 20, 2025 · Cucumber is a refreshing, hydrating superfood packed with vitamins, minerals, and antioxidants. Discover 20 health benefits of cucumber, side effects, best ways to eat it, how much to ... The cucumber (*Cucumis sativus*) is a widely-cultivated creeping vine plant in the family *Cucurbitaceae* that bears cylindrical to spherical fruits, used as culinary vegetables. Aug 14, 2025 · While technically any of the slicing cucumbers can be used for pickling, several types of cucumber are better suited to taking on the briny flavor and less well suited to slicing, snacking, or salads. Dec 30, 2024 · A serving of cucumber -- one-half a cup (raw, sliced, or chopped) -- is about 19 calories. They have small amounts of vitamin K and vitamin A and are about 95% water.

**7 Types of Cucumbers—and the Best Ways to Use Each Cucumber | Organic, Edible, Nutritional Benefits | Britannica Health Benefits of Cucumber - WebMD**  
*What Happens to Your Body When You Eat Cucumbers Regularly*  
**6 Health Benefits of Cucumbers, Plus Facts and Nutrition Cucumber - Wikipedia**  
**Cucumbers: Health benefits, nutritional content, and uses Cucumbers: How to Plant, Grow, and Harvest Cucumbers | The Old ...**  
**6 Health Benefits of Eating Cucumber**  
*Cucumber: 20 Benefits, Nutrition, Side Effects & How Much to Eat*

## Cucumber Roll Recipe

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