

Zucchini vs Cucumber (vsdiff.com)

Attribute	Zucchini	Cucumber
Botanical identity	Cucurbita pepo (summer squash)	Cucumis sativus (gourd family)
Typical size & shape	Usually <i>15-25 cm</i> , cylindrical or slightly tapered	Ranges widely; <i>6-30+ cm</i> , cylindrical or oblong
Skin & seeds	Thicker skin; small, soft seeds when young	Thinner skin; seeds more noticeable, often eaten raw
Water content	Approximately <i>92-95%</i> water	Approximately <i>94-97%</i> water
Calories (per 100 g)	<i>~15-25 kcal</i>	<i>~10-20 kcal</i>
Typical culinary use	Cooked (grilled, sautéed, baked); also raw in salads or ribbons	Mostly raw or pickled; also cooked in some cuisines
Growing habit	Usually bush-type plants; prolific in warm season	Vining or bush varieties; may need trellis
Storage	Keeps <i>about 1-2 weeks</i> refrigerated if firm	Best within <i>3-7 days</i> ; sensitive to chilling below <i>~8-10°C</i>
Flavor profile	Mild, subtly sweet to neutral; becomes richer when cooked	Fresh, crisp, slightly grassy; some varieties are bitter

Source: <https://vsdiff.com/zucchini-vs-cucumber/>