

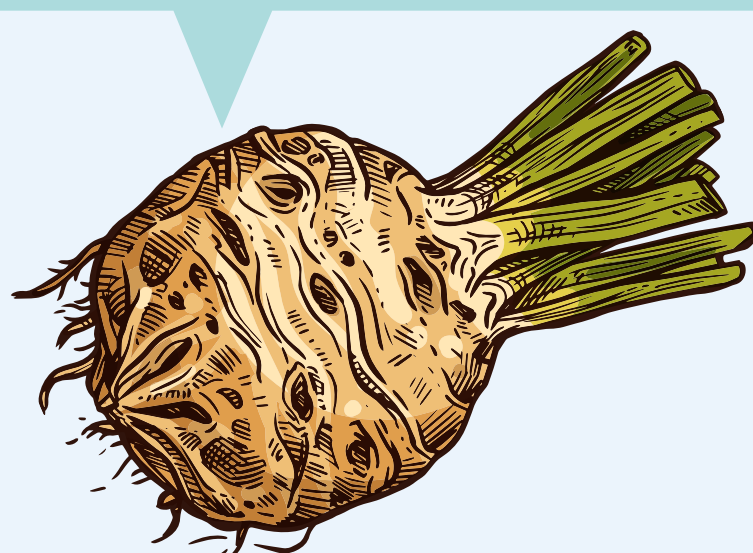


CELERIAC NUTRITION FACTS

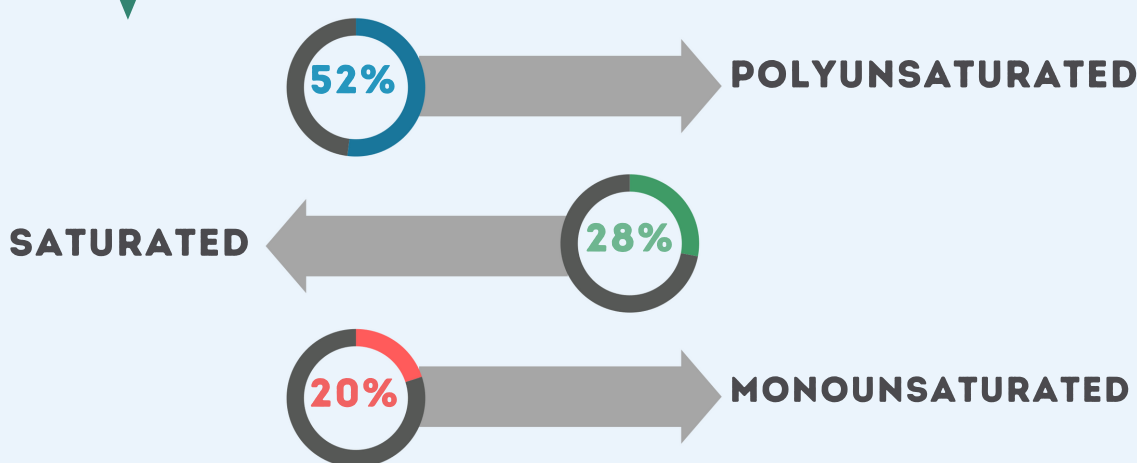


CALORIES 42/100GM

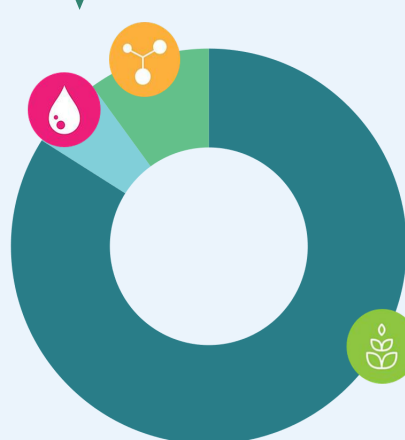
	AMOUNT		AMOUNT
CARBOHYDRATE	9.20 G	NIACIN	0.700 MG
FAT	0.30 G	VITAMIN A	0.00
PROTEIN	1.50 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.165 MG
FIBER	1.8 G	VITAMIN C	8.0 MG
RIBOFLAVIN	0.060 MG	VITAMIN D	0.00
SODIUM, NA	100 MG	FOLATE	8.00 MCG
THIAMIN	0.050 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



CELERIAC OTHER NAMES

APIUM GRAVEOLENS
KNOB CELERY
CELERY ROOT
TURNIP-ROOTED CELERY

MINERALS IN CELERIAC

43 MG	CALCIUM, CA	3 % (DV)
0.070 MG	COPPER, CU	8 % (DV)
0.70 MG	IRON, FE	4 % (DV)
20 MG	MAGNESIUM, MG	5 % (DV)
0.7 MCG	SELENIUM, SE	1 % (DV)
115 MG	PHOSPHORUS, P	16 % (DV)
300 MG	POTASSIUM, K	6 % (DV)
0.33 MG	ZINC, ZN	3 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.