



# CELERY NUTRITION FACTS



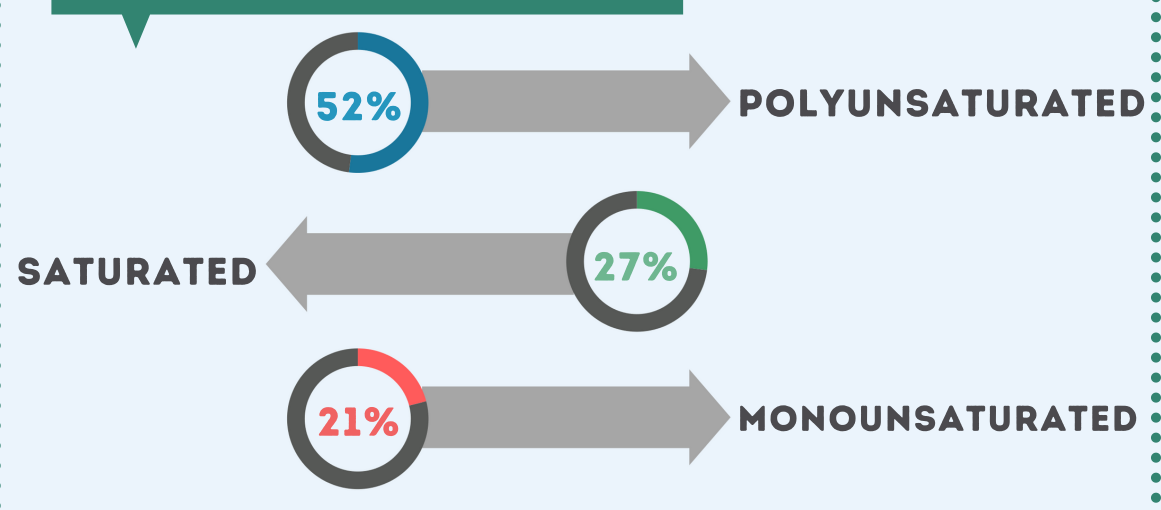
## CALORIES 14/100GM

	AMOUNT
CARBOHYDRATE	2.97 G
FAT	0.17 G
PROTEIN	0.69 G
CHOLESTEROL	0.00
FIBER	1.6 G
RIBOFLAVIN	0.057 MG
SODIUM, NA	80 MG
THIAMIN	0.021 MG

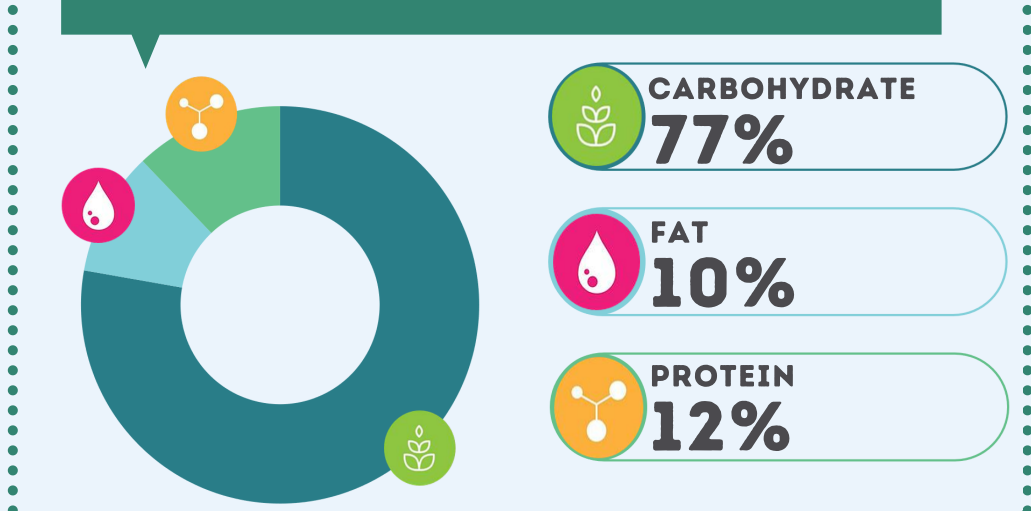
	AMOUNT
NIACIN	0.320 MG
VITAMIN A	0.00
VITAMIN B12	0.00
VITAMIN B6	0.074 MG
VITAMIN C	3.1 MG
VITAMIN D	0.00
FOLATE	36 MCG



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### CELERY OTHER NAMES

- APIUM GRAVEOLENS
- KNOB CELERY
- CELERY ROOT
- TURNIP-ROOTED CELERY

### MINERALS IN CELERY

40 MG	CALCIUM, CA	3 % (DV)
0.035 MG	COPPER, CU	4 % (DV)
0.20 MG	IRON, FE	1 % (DV)
11 MG	MAGNESIUM, MG	12 % (DV)
0.4 MCG	SELENIUM, SE	1 % (DV)
24 MG	PHOSPHORUS, P	3 % (DV)
260 MG	POTASSIUM, K	6 % (DV)
0.13 MG	ZINC, ZN	1 % (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.