

**Basic Report 11142, Celeriac, cooked, boiled, drained, without salt**

Report Date: January 30, 2015 22:58 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup pieces 155g
<b>Proximates</b>			
Water	g	92.30	143.06
Energy	kcal	27	42
Protein	g	0.96	1.49
Total lipid (fat)	g	0.19	0.29
Carbohydrate, by difference	g	5.90	9.14
Fiber, total dietary	g	1.2	1.9
<b>Minerals</b>			
Calcium, Ca	mg	26	40
Iron, Fe	mg	0.43	0.67
Magnesium, Mg	mg	12	19
Phosphorus, P	mg	66	102
Potassium, K	mg	173	268
Sodium, Na	mg	61	95
Zinc, Zn	mg	0.20	0.31
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	3.6	5.6
Thiamin	mg	0.027	0.042
Riboflavin	mg	0.037	0.057
Niacin	mg	0.427	0.662
Vitamin B-6	mg	0.101	0.157
Folate, DFE	µg	3	5
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup pieces 155g</b>
<b>Lipids</b>			
Cholesterol	mg	0	0