

**Basic Report 11143, Celery, raw**
**Report Date: August 18, 2019 09:21 EDT**

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1 Value<br>Per100 g | 1 cup chopped<br>101g | 1 NLEA serving<br>110g | 1 tbsp<br>7.5g | 1 stalk, large<br>(11"-12" long)<br>64g | 1 stalk, medium<br>(7-1/2" - 8" long)<br>40g | 1 stalk, small (5"<br>long)<br>17g | 1 strip (4" long)<br>4g |
|--------------------------------|------|---------------------|-----------------------|------------------------|----------------|---|--|------------------------------------|-------------------------|
| <b>Proximates</b>              |      |                     |                       |                        |                |   |  |                                    |                         |
| Water                          | g    | 95.43               | 96.38                 | 104.97                 | 7.16           | 61.08                                   | 38.17  | 16.22                              | 3.82                    |
| Energy                         | kcal | 14                  | 14                    | 15                     | 1              | 9                                       | 6  | 2                                  | 1                       |
| Protein                        | g    | 0.69                | 0.70                  | 0.76                   | 0.05           | 0.44                                    | 0.28   | 0.12                               | 0.03                    |
| Total lipid (fat)              | g    | 0.17                | 0.17                  | 0.19                   | 0.01           | 0.11                                    | 0.07   | 0.03                               | 0.01                    |
| Carbohydrate, by difference    | g    | 2.97                | 3.00                  | 3.27                   | 0.22           | 1.90                                    | 1.19   | 0.50                               | 0.12                    |
| Fiber, total dietary           | g    | 1.6                 | 1.6                   | 1.8                    | 0.1            | 1.0                                     | 0.6  | 0.3                                | 0.1                     |
| Sugars, total                  | g    | 1.34                | 1.35                  | 1.47                   | 0.10           | 0.86                                    | 0.54   | 0.23                               | 0.05                    |
| <b>Minerals</b>                |      |                     |                       |                        |                |   |  |                                    |                         |
| Calcium, Ca                    | mg   | 40                  | 40                    | 44                     | 3              | 26                                      | 16   | 7                                  | 2                       |
| Iron, Fe                       | mg   | 0.20                | 0.20                  | 0.22                   | 0.01           | 0.13                                    | 0.08   | 0.03                               | 0.01                    |
| Magnesium, Mg                  | mg   | 11                  | 11                    | 12                     | 1              | 7                                       | 4  | 2                                  | 0                       |
| Phosphorus, P                  | mg   | 24                  | 24                    | 26                     | 2              | 15                                      | 10   | 4                                  | 1                       |
| Potassium, K                   | mg   | 260                 | 263                   | 286                    | 20             | 166                                     | 104  | 44                                 | 10                      |
| Sodium, Na                     | mg   | 80                  | 81                    | 88                     | 6              | 51                                      | 32   | 14                                 | 3                       |
| Zinc, Zn                       | mg   | 0.13                | 0.13                  | 0.14                   | 0.01           | 0.08                                    | 0.05   | 0.02                               | 0.01                    |
| <b>Vitamins</b>                |      |                     |                       |                        |                |   |  |                                    |                         |
| Vitamin C, total ascorbic acid | mg   | 3.1                 | 3.1                   | 3.4                    | 0.2            | 2.0                                     | 1.2  | 0.5                                | 0.1                     |
| Thiamin                        | mg   | 0.021               | 0.021                 | 0.023                  | 0.002          | 0.013                                   | 0.008  | 0.004                              | 0.001                   |
| Riboflavin                     | mg   | 0.057               | 0.058                 | 0.063                  | 0.004          | 0.036                                   | 0.023  | 0.010                              | 0.002                   |
| Niacin                         | mg   | 0.320               | 0.323                 | 0.352                  | 0.024          | 0.205                                   | 0.128  | 0.054                              | 0.013                   |
| Vitamin B-6                    | mg   | 0.074               | 0.075                 | 0.081                  | 0.006          | 0.047                                   | 0.030  | 0.013                              | 0.003                   |
| Folate, DFE                    | µg   | 36                  | 36                    | 40                     | 3              | 23                                      | 14   | 6                                  | 1                       |
| Vitamin B-12                   | µg   | 0.00                | 0.00                  | 0.00                   | 0.00           | 0.00                                    | 0.00   | 0.00                               | 0.00                    |
| Vitamin A, RAE                 | µg   | 22                  | 22                    | 24                     | 2              | 14                                      | 9  | 4                                  | 1                       |
| Vitamin A, IU                  | IU   | 449                 | 453                   | 494                    | 34             | 287                                     | 180  | 76                                 | 18                      |
| Vitamin E (alpha-tocopherol)   | mg   | 0.27                | 0.27                  | 0.30                   | 0.02           | 0.17                                    | 0.11   | 0.05                               | 0.01                    |

| Nutrient                           | Unit | 1 Value<br>Per100 g | 1 cup chopped<br>101g | 1 NLEA serving<br>110g | 1 tbsp<br>7.5g | 1 stalk, large<br>(11"-12" long)<br>64g | 1 stalk, medium<br>(7-1/2" - 8" long)<br>40g | 1 stalk, small (5"<br>long)<br>17g | 1 strip (4" long)<br>4g |
|------------------------------------|------|---------------------|-----------------------|------------------------|----------------|---|--|------------------------------------|-------------------------|
| Vitamin D (D2 + D3)                | µg   | 0.0                 | 0.0                   | 0.0                    | 0.0            | 0.0                                     | 0.0  | 0.0                                | 0.0                     |
| Vitamin D                          | IU   | 0                   | 0                     | 0                      | 0              | 0                                       | 0  | 0                                  | 0                       |
| Vitamin K (phylloquinone)          | µg   | 29.3                | 29.6                  | 32.2                   | 2.2            | 18.8                                    | 11.7   | 5.0                                | 1.2                     |
| <b>Lipids</b>                      |      |                     |                       |                        |                |   |  |                                    |                         |
| Fatty acids, total saturated       | g    | 0.042               | 0.042                 | 0.046                  | 0.003          | 0.027                                   | 0.017  | 0.007                              | 0.002                   |
| Fatty acids, total monounsaturated | g    | 0.032               | 0.032                 | 0.035                  | 0.002          | 0.020                                   | 0.013  | 0.005                              | 0.001                   |
| Fatty acids, total polyunsaturated | g    | 0.079               | 0.080                 | 0.087                  | 0.006          | 0.051                                   | 0.032  | 0.013                              | 0.003                   |
| Fatty acids, total trans           | g    | 0.000               | 0.000                 | 0.000                  | 0.000          | 0.000                                   | 0.000  | 0.000                              | 0.000                   |
| Cholesterol                        | mg   | 0                   | 0                     | 0                      | 0              | 0                                       | 0  | 0                                  | 0                       |
| <b>Amino Acids</b>                 |      |                     |                       |                        |                |   |  |                                    |                         |
| <b>Other</b>                       |      |                     |                       |                        |                |   |  |                                    |                         |
| Caffeine                           | mg   | 0                   | 0                     | 0                      | 0              | 0                                       | 0  | 0                                  | 0                       |