

Basic Report 11141, Celeriac, raw

Report Date: September 18, 2019 18:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 156g
Proximates			
Water	g	88.00	137.28
Energy	kcal	42	66
Protein	g	1.50	2.34
Total lipid (fat)	g	0.30	0.47
Carbohydrate, by difference	g	9.20	14.35
Fiber, total dietary	g	1.8	2.8
Sugars, total	g	1.60	2.50
Minerals			
Calcium, Ca	mg	43	67
Iron, Fe	mg	0.70	1.09
Magnesium, Mg	mg	20	31
Phosphorus, P	mg	115	179
Potassium, K	mg	300	468
Sodium, Na	mg	100	156
Zinc, Zn	mg	0.33	0.51
Vitamins			
Vitamin C, total ascorbic acid	mg	8.0	12.5
Thiamin	mg	0.050	0.078
Riboflavin	mg	0.060	0.094
Niacin	mg	0.700	1.092
Vitamin B-6	mg	0.165	0.257
Folate, DFE	µg	8	12
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.36	0.56

Nutrient	Unit	1 Value Per100 g	1 cup 156g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	41.0	64.0
Lipids			
Fatty acids, total saturated	g	0.079	0.123
Fatty acids, total monounsaturated	g	0.058	0.090
Fatty acids, total polyunsaturated	g	0.148	0.231
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0