

Basic Report 11143, Celery, raw
Report Date: June 24, 2019 05:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup chopped 101g	1 NLEA serving 110g	1 tbsp 7.5g	1 stalk, large (11"-12" long) 64g	1 stalk, medium (7-1/2" - 8" long) 40g	1 stalk, small (5" long) 17g	1 strip (4" long) 4g
Proximates									
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
Minerals									
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
Vitamins									
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

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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
Lipids									
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
Amino Acids									
Other									
Caffeine	mg	0	0	0	0	0	0	0	0