

Statistics Report 11143, Celery, raw

Report Date: July 16, 2019 02:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2	g	95.43	18	0.120	94.42	96.47	17.0	95.17	95.69	5	Aggregated data involving comb. of codes other than 1,12 or6	--	09/2002
Energy	kcal	14	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2017
Energy	kJ	57	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2017
Protein 1 2	g	0.69	8	0.040	0.39	0.94	6.0	0.57	0.8	2	Analytical or derived from analytical	--	09/2002
Total lipid (fat) 1 2	g	0.17	15	0.040	0.02	0.55	14.0	0.07	0.25	4	Aggregated data involving comb. of codes other than 1,12 or6	--	05/2003
Ash 1 2	g	0.75	8	0.030	0.57	0.91	6.0	0.67	0.82	2	Analytical or derived from analytical	--	09/2002
Carbohydrate, by difference	g	2.97	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
Fiber, total dietary 1 2	g	1.6	8	0.100	1.2	2.6	3.0	1.1	2.0	2	Analytical or derived from analytical	--	09/2002
Sugars, total 2	g	1.34	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2014

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Sucrose 1 2	g	0.08	15	0.040	0	0.49	14.0	0.01	0.2	5	Aggregated data involving combinations of source codes 1 & 12	--	06/2014
Glucose (dextrose) 1 2	g	0.40	15	0.080	0.2	1.29	14.0	0.36	0.74	5	Aggregated data involving combinations of source codes 1 & 12	--	06/2014
Fructose 1 2	g	0.37	15	0.030	0.3	0.74	14.0	0.44	0.57	5	Aggregated data involving combinations of source codes 1 & 12	--	06/2014
Lactose 1 2	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2003
Maltose 1 2	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2003
Galactose 2	g	0.48	4	0.070	0.54	0.87	3.0	0.43	0.89	1	Analytical or derived from analytical	--	06/2014
Starch 2	g	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2003
Minerals													
Calcium, Ca 1 2	mg	40	55	1.000	11	71	54.0	37.0	43.0	7	Aggregated data involving combinations of source codes 1 & 12	--	08/2002

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Iron, Fe 1 2	mg	0.20	56	0.010	0	0.48	55.0	0.16	0.22	7	Aggregated data involving combinations of source codes 1 & 12	--	09/2002
Magnesium, Mg 1 2	mg	11	56	0.000	5	19	55.0	9.0	11.0	7	Aggregated data involving combinations of source codes 1 & 12	--	08/2002
Phosphorus, P 1 2	mg	24	55	0.000	11	37	54.0	22.0	25.0	7	Aggregated data involving combinations of source codes 1 & 12	--	09/2002
Potassium, K 1 2	mg	260	56	7.000	131	443	55.0	244.0	276.0	7	Aggregated data involving combinations of source codes 1 & 12	--	09/2002
Sodium, Na 1 2	mg	80	56	3.000	30	132	55.0	72.0	86.0	7	Aggregated data involving combinations of source codes 1 & 12	--	09/2002
Zinc, Zn 1 2	mg	0.13	55	0.010	0.05	0.72	54.0	0.1	0.15	7	Aggregated data involving combinations of source codes 1 & 12	--	08/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Copper, Cu 1 2	mg	0.035	55	0.004	0.01	0.2	54.0	0.027	0.043	7	Aggregated data involving combinations of source codes 1 & 12	--	09/2002
Manganese, Mn 1 2	mg	0.103	56	0.005	0.04	0.23	55.0	0.093	0.114	7	Aggregated data involving combinations of source codes 1 & 12	--	09/2002
Selenium, Se 2	µg	0.4	36	0.100	0	5	35.0	-0.014	0.7	3	Aggregated data involving combinations of source codes 1 & 12	--	09/2002
Fluoride, F 3	µg	4.0	9	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	3.1	8	1.100	0.2	7.4	6.0	0.1	5.9	2	Analytical or derived from analytical	--	03/2006
Thiamin 1 2	mg	0.021	8	0.001	0.02	0.03	4.0	0.018	0.024	2	Analytical or derived from analytical	--	09/2002
Riboflavin 1 2	mg	0.057	8	0.005	0.04	0.08	5.0	0.045	0.07	2	Analytical or derived from analytical	--	09/2002
Niacin 1 2	mg	0.320	6	0.043	0.22	0.48	2.0	0.093	0.548	2	Analytical or derived from analytical	--	09/2002
Pantothenic acid 1 2	mg	0.246	8	0.019	0.15	0.36	4.0	0.193	0.299	2	Analytical or derived from analytical	--	08/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 1 2	mg	0.074	8	0.011	0.05	0.15	3.0	0.042	0.106	2	Analytical or derived from analytical	--	09/2002
Folate, total 1 2	µg	36	8	10.000	11	114	3.0	3.0	68.0	2	Analytical or derived from analytical	--	05/2003
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	36	8	10.000	11	114	3.0	3.0	68.0	2	Analytical or derived from analytical	--	03/2006
Folate, DFE	µg	36	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2006
Choline, total 1 2	mg	6.1	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine 1 2	mg	0.1	2	--	0.1	0.1	1.0	--	--	2	Analytical or derived from analytical	--	03/2006
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	22	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2006
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2	µg	270	6	35.000	121	495	3.0	156.0	382.0	2	Analytical or derived from analytical	--	08/2002
Carotene, alpha 1 2	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2003
Cryptoxanthin, beta 1 2	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2003
Vitamin A, IU	IU	449	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene 1 2	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2003
Lutein + zeaxanthin 1 2	µg	283	6	37.000	170	467	3.0	165.0	401.0	2	Analytical or derived from analytical	--	08/2002
Vitamin E (alpha-tocopherol) 1 2	mg	0.27	13	0.070	0.03	0.79	12.0	0.11	0.42	4	Aggregated data involving comb. of codes other than 1,12 or6	--	08/2002
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1 2	mg	0.00	13	0.000	0	0	12.0	--	--	4	Aggregated data involving comb. of codes other than 1,12 or6	--	05/2003
Tocopherol, gamma 1 2	mg	0.00	13	0.000	0	0	12.0	--	--	4	Aggregated data involving comb. of codes other than 1,12 or6	--	05/2003
Tocopherol, delta 1 2	mg	0.00	13	0.000	0	0	12.0	--	--	4	Aggregated data involving comb. of codes other than 1,12 or6	--	05/2003
Tocotrienol, alpha 1 2	mg	0.01	7	0.003	0	0.02	3.0	0.003	0.02	3	Aggregated data involving comb. of codes other than 1,12 or6	--	05/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocotrienol, beta 1 2	mg	0.00	7	0.000	0	0	--	--	--	3	Aggregated data involving comb. of codes other than 1,12 or6	--	05/2003
Tocotrienol, gamma 1 2	mg	0.00	7	0.000	0	0	--	--	--	3	Aggregated data involving comb. of codes other than 1,12 or6	--	05/2003
Tocotrienol, delta 1 2	mg	0.00	7	0.000	0	0	--	--	--	3	Aggregated data involving comb. of codes other than 1,12 or6	--	05/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 1 2	µg	29.3	9	3.200	20.6	46.8	5.0	20.9	37.7	3	Aggregated data involving comb. of codes other than 1,12 or6	--	08/2002
Lipids													
Fatty acids, total saturated	g	0.042	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
4:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	11144	03/2006
6:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	11144	03/2006
8:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	11144	03/2006
10:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	11144	03/2006
12:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	11144	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.001	--	--	0	0	--	--	--	--	Calculated or imputed	11144	03/2006
16:0	g	0.037	--	--	0	0	--	--	--	--	Calculated or imputed	11144	03/2006
18:0	g	0.004	--	--	0	0	--	--	--	--	Calculated or imputed	11144	03/2006
Fatty acids, total monounsaturated	g	0.032	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
16:1 undifferentiated	g	0.001	--	--	0	0	--	--	--	--	Calculated or imputed	11144	03/2006
18:1 undifferentiated	g	0.031	--	--	0	0	--	--	--	--	Calculated or imputed	11144	03/2006
20:1	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	11144	03/2006
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	11144	03/2006
Fatty acids, total polyunsaturated	g	0.079	--	--	0	0	--	--	--	--	Calculated or imputed	11144	03/2006
18:2 undifferentiated	g	0.079	--	--	0	0	--	--	--	--	Calculated or imputed	11144	03/2006
18:3 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	11144	03/2006
18:4	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	11144	03/2006
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	11144	03/2006
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	01/2017
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phytosterols	mg	6	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Amino Acids													
Tryptophan	g	0.009	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Threonine	g	0.020	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Isoleucine	g	0.021	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Leucine	g	0.032	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Lysine	g	0.027	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Methionine	g	0.005	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Cystine	g	0.004	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Phenylalanine	g	0.020	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tyrosine	g	0.009	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Valine	g	0.027	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Arginine	g	0.020	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Histidine	g	0.012	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alanine	g	0.023	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Aspartic acid	g	0.117	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Glutamic acid	g	0.090	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Glycine	g	0.021	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Proline	g	0.018	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Serine	g	0.020	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2006
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/2002
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/2002

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Flavonoids													
Anthocyanidins													
Cyanidin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Petunidin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Peonidin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 4 5 6 7 8 9	mg	2.9	--	0.56	0	10.8	--	--	--	--	--	--	--
Luteolin 4 5 6 7 8 9	mg	1.1	--	0.23	0	4	--	--	--	--	--	--	--
Flavonols													
Kaempferol 10	mg	0.2	--	--	0.22	0.22	--	--	--	--	--	--	--
Myricetin 4 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin 4 10 11	mg	0.4	--	0.35	0	3.5	--	--	--	--	--	--	--
Isoflavones													
Daidzein 13	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein 13	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 13	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 12	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers 12	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 12	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 12	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 12	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5n, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5f, 2001 Beltsville MD

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