

Celery



Celery, raw Nutritional value per 100 g (3.5 oz)	
Energy	12 kcal (50 kJ)
Carbohydrates	2.97 g (including fibre)
- Sugars	1.4 g
- Dietary fibre	1.83 g
Fat	0.17 g
Protein	0.69 g
Water	95 g
Vitamin A equiv.	22 µg (3%)
Thiamine (vit. B1)	0.021 mg (2%)
Riboflavin (vit. B2)	0.057 mg (5%)
Niacin (vit. B3)	0.32 mg (2%)
Vitamin B6	0.074 mg (6%)
Folate (vit. B9)	36 µg (9%)
Vitamin C	3.1 mg (4%)
Vitamin E	0.27 mg (2%)
Vitamin K	29.3 µg (28%)
Calcium	40 mg (4%)
Iron	0.2 mg (2%)
Magnesium	11 mg (3%)
Phosphorus	24 mg (3%)
Potassium	260 mg (6%)
Sodium	80 mg (5%)
Zinc	0.13 mg (1%)

Percentages are roughly approximated using US recommendations for adults.

Source: USDA Nutrient Database