

Nutrition Facts

Celery

Serving size (100g)

Amount Per Serving

Calories

15

	www.ihcare.ae	% Daily Value*
Total Fat 0g		0%
Saturated Fat 0.042g		0%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 80mg		3%
Total Carbohydrate 3g		1%
Dietary Fiber 2g		7%
Total Sugars 1g		
Includes 0g Added Sugars		0%
Protein < 1g		1%
Vitamin D 0mcg		0%
Calcium 40mg		4%
Iron 0.2mg		2%
Potassium 0mg		0%
Vitamin A 269mcg		2%
Vitamin C 3.1mg		4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.