

CELERY STICKS



The ancient Greeks used celery as flowers to reward winners of athletic games like the Olympics.

PRODUCE PARTICULARS

Celery is a source of several nutrients that support growing bodies, such as calcium, potassium, folate and vitamins A, C, and K.

Celery is a crunchy, low-calorie and convient on-the-go snack that also provides a source of hydration due to its high water content.

Celery has three varieties, leaf celery, celeriac and Pascal, which are all cultivated and eaten in the U.S.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 15

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 80mg 3%

Total Carbohydrate 3g 1%

Dietary Fiber 2g 6%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 0.2mg 2%

Potassium 260mg 6%

* 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Celery, Raw

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