

# Celery, raw

**Refuse:** 11% (Roots and trimmings)

**Scientific Name:** *Apium graveolens*

**NDB No:** 11143 (Nutrient values and weights are for edible portion)

Nutrient	Units	1.00 X 1 cup chopped	5 X 1 strip (4" long)
		----- 101g	----- 20g
<b>Proximates</b>			
Water	g	96.38	19.09
Energy	kcal	16	3
Energy	kJ	68	13
Protein	g	0.70	0.14
Total lipid (fat)	g	0.17	0.03
Ash	g	0.76	0.15
Carbohydrate, by difference	g	3.00	0.59
Fiber, total dietary	g	1.6	0.3
Sugars, total	g	1.85	0.37
Sucrose	g	0.11	0.02
Glucose (dextrose)	g	0.56	0.11
Fructose	g	0.52	0.10
Lactose	g	0.00	0.00
Maltose	g	0.00	0.00
Galactose	g	0.67	0.13
Starch	g	0.00	0.00
<b>Minerals</b>			
Calcium, Ca	mg	40	8
Iron, Fe	mg	0.20	0.04
Magnesium, Mg	mg	11	2
Phosphorus, P	mg	24	5
Potassium, K	mg	263	52
Sodium, Na	mg	81	16
Zinc, Zn	mg	0.13	0.03
Copper, Cu	mg	0.035	0.007
Manganese, Mn	mg	0.104	0.021
Fluoride, F	mcg	4.0	0.8
Selenium, Se	mcg	0.4	0.1
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	3.1	0.6
Thiamin	mg	0.021	0.004
Riboflavin	mg	0.058	0.011
Niacin	mg	0.323	0.064
Pantothenic acid	mg	0.248	0.049
Vitamin B-6	mg	0.075	0.015
Folate, total	mcg	36	7
Folic acid	mcg	0	0

Folate, food	mcg	36	7
Folate, DFE	mcg_DFE	36	7
Choline, total	mg	6.2	1.2
Betaine	mg	0.1	0.0
Vitamin B-12	mcg	0.00	0.00
Vitamin B-12, added	mcg	0.00	0.00
Vitamin A, RAE	mcg_RAE	22	4
Retinol	mcg	0	0
Carotene, beta	mcg	273	54
Carotene, alpha	mcg	0	0
Cryptoxanthin, beta	mcg	0	0
Vitamin A, IU	IU	453	90
Lycopene	mcg	0	0
Lutein + zeaxanthin	mcg	286	57
Vitamin E (alpha-tocopherol)	mg	0.27	0.05
Vitamin E, added	mg	0.00	0.00
Tocopherol, beta	mg	0.00	0.00
Tocopherol, gamma	mg	0.00	0.00
Tocopherol, delta	mg	0.00	0.00
Vitamin K (phylloquinone)	mcg	29.6	5.9
Tryptophan	mg	0.009	0.002
Threonine	mg	0.020	0.004
Isoleucine	mg	0.021	0.004
Leucine	mg	0.032	0.006
Lysine	mg	0.027	0.005
Methionine	mg	0.005	0.001
Cystine	mg	0.004	0.001
Phenylalanine	mg	0.020	0.004
Tyrosine	mg	0.009	0.002
Valine	mg	0.027	0.005
Arginine	mg	0.020	0.004
Histidine	mg	0.012	0.002
Alanine	mg	0.023	0.005
Aspartic acid	mg	0.118	0.023
Glutamic acid	mg	0.091	0.018
Glycine	mg	0.021	0.004
Proline	mg	0.018	0.004
Serine	mg	0.020	0.004
<b>Other</b>			
Alcohol, ethyl	mg	0.0	0.0
Caffeine	mg	0	0
Theobromine	mg	0	0

USDA National Nutrient Database for Standard Reference, Release 21 (2008)