



# Nutritional Fact Sheet

## Celery, Crosscut

**Ingredients:** Dehydrated Celery.

**Description & Directions:** Fresh, mature, celery is washed, trimmed, diced, and dried to specifications. Rehydrate in boiling water for 7-10 minutes, or in cold water for 1-2 hours. Use 2 parts water to 1 part product. Rehydration ratio is about 1:15.

**Storage & Shelf-life:** Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	10g (app. 2 Tbs)
Energy (Calories)	287	28.7
Total Fat	12.36g	1.236g
Saturated Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	1577mg	157.7mg
Total Carbohydrates	65.05g	6.505g
Dietary Fiber	12.36g	1.236g
Sugars	17.6g	1.76g
Protein	11.8g	1.18g
Vitamin A (IU)	1962	196.2
Thaimin-B1	0.54mg	0.054mg
Riboflavin	0.54mg	0.054mg
Niacin	5.38mg	0.538mg
Vitamin B-6	0.54mg	0.054mg
Vitamin C	112.9mg	11.29mg
Calcium	645mg	64.5mg
Iron	8.6mg	0.86mg
Phosphorus	466mg	46.6mg
Potassium	5089mg	508.9mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

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