



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 30 minutes. Use 2 parts water to 1 part product. Rehydration ratio is about 1:6.

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
Calories	319.00 kcal
Protein	11.30 g
Total Carbohydrate	63.70 g
Sugars	35.90 g
Added Sugars	0.00 g
Dietary Fiber	27.80 g
Total Fat	2.10 g
Saturated Fat	0.55 g
Cholesterol	0.00 mg
Thiamin – B1	0.44 mg
Riboflavin – B2	0.50 mg
Niacin – B3	4.64 mg
Vitamin B6	0.46 mg
Vitamin C	86.50 mg
Vitamin D	0.00 mcg
Calcium	587.00 mg
Iron	7.83 mg
Phosphorus	402.00 mg
Potassium	4388.00 mg
Sodium	1435.00 mg
Trans Fat	0.00 g