



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	10g (app. 2 Tbs)
Energy (Calories)	287.00	28.70
Total Fat	12.36g	1.24g
Saturated Fat	0.00g	0.00g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	1577.00mg	157.70mg
Total Carbohydrates	65.05g	6.51g
Dietary Fiber	12.36g	1.24g
Sugars	17.60g	1.76g
Protein	11.80g	1.18g
Vitamin A (IU)	1962.00	196.20
Thaimin-B1	0.54mg	0.05mg
Riboflavin	0.54mg	0.05mg
Niacin	5.38mg	0.54mg
Vitamin B-6	0.54mg	0.05mg
Vitamin C	112.90mg	11.29mg
Calcium	645.00mg	64.50mg
Iron	8.60mg	0.86mg
Phosphorus	466.00mg	46.60mg
Potassium	5089.00mg	508.90mg

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