



# Nutritional Fact Sheet

## FD Celery

**Ingredients:** Freeze Dried Celery

**Description & Directions:** Freeze Dried Celery is ready to eat or use in quick cooking dishes. 1 pound of freeze dried celery replaces 6 pounds of fresh.

**Storage & Shelf-life:** Store in original container in a cool, dry location, for 18 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	5g (app. 1/4 cup)
Energy (Calories)	333.20	16.66
Total Fat	0.00g	0.00g
Saturated Fat	0.00g	0.00g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	1582.70mg	79.14mg
Total Carbohydrates	83.00g	4.15g
Dietary Fiber	33.30g	1.67g
Sugars	17.00g	0.85g
Protein	17.00g	0.85g
Vitamin A (IU)	0.00	0.00
Thaimin-B1	0.00mg	0.00mg
Riboflavin	0.00mg	0.00mg
Niacin	0.00mg	0.00mg
Vitamin B-6	0.00mg	0.00mg
Vitamin C	0.00mg	0.00mg
Calcium	0.00mg	0.00mg
Iron	0.00mg	0.00mg
Phosphorus	0.00mg	0.00mg
Potassium	0.00mg	0.00mg

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