



celery

Total Nutrients Score **463**

Rating: Excellent

Caloric Breakdown

Carbohydrates	73%
Proteins	17%
Fats	9%
Alcohol	0%

Celery is far more than just a low-calorie food. Every mineral and vitamin is contained within celery. It is one of the top fiber foods also.

Food Scores

Vitamin Score 268 Protein Score 28
 Mineral Score 132 Fiber Score 33%
 Unhealthy Score 44
 Net Food Score 419

Financial Cost

At \$2.49 per pound, cost of all displayed nutrients is \$3.85
 Net nutrition per dollar is 109
 89% of purchased food is edible.
 Cost per edible pound is \$2.80

22.0 ounces provides 100 food calories
 95% of this food's weight is water

Vitamins

Vitamin A	56%
Thiamin (B-1)	7%
Riboflavin (B-2)	13%
Niacin (B-3)	9%
Pantothenic acid	15%
Vitamin B-6	19%
Folate	56%
Vitamin B-12	0%
Vitamin C	22%
Vitamin D	
Vitamin E	11%
Vitamin K	61%

Minerals

Calcium	18%
Copper	11%
Iron	7%
Magnesium	14%
Manganese	26%
Phosphorus	8%
Potassium	41%
Selenium	4%
Sodium	22%
Zinc	5%

Proteins 4%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	5%
Valine*	3%

Carbohydrates 7%

Fiber	33%
Sugars, total	21%

Fats 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	6%

Other Components

Alpha-carotene	0%
Beta-carotene	34%
Betaine	0%
Fluorine	1%
Lycopene	0%
ORAC	115%
Phytosterols	8%
Retinol	0%

USDA Food Number 11143 Food Group Code 1100

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