

Nutrition Facts

Serving size

1 celery stalk

Amount Per Serving

Calories

50

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0.7g

Cholesterol 10mg **3%**

Sodium 80mg **3%**

Total Carbohydrate 5g **2%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 44mg **4%**

Iron 0.2mg **2%**

Potassium 182mg **4%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.