



Food ID: D047

Food name and Description: Celery lvs & petioles

Scientific name: *Apium graveolens*

Alternate/Common name(s): Baguio celery dahon at tangkay

Edible portion: 53%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	92.7
Energy, calculated (kcal)	25
Protein (g)	1.2
Total Fat (g)	0
Carbohydrate, total (g)	5.1
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.6
Sugars, total (g)	2.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	84
Phosphorus, P (mg)	28
Iron, Fe (mg)	2.8
Sodium, Na (mg)	14

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	50
Retinol Activity Equivalent, RAE (µg)	4
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	22

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0