



Food ID: D048

Food name and Description: Celery, Chinese, lvs & petioles

Scientific name: *Apium graveolens var. secalinum*

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

Edible portion: 76%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	89.9
Energy, calculated (kcal)	37
Protein (g)	2.4
Total Fat (g)	0.6
Carbohydrate, total (g)	5.4
Ash, total (g)	1.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.5
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	314
Phosphorus, P (mg)	54
Iron, Fe (mg)	14.1
Sodium, Na (mg)	151

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1735
Retinol Activity Equivalent, RAE (µg)	145
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	49

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.15
Fatty acids, monounsaturated, total (g)	0.11
Fatty acids, polyunsaturated, total(g)	0.28
Cholesterol (mg)	0