



**Food ID:** D049

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

**Scientific name:** *Apium graveolens var. secalinum*

**Alternate/Common name(s):** Kinchay dahon at tangkay, nilaga/Leaf celery, boiled

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	92.8
Energy, calculated (kcal)	27
Protein (g)	1.4
Total Fat (g)	0.1
Carbohydrate, total (g)	5
Ash, total (g)	0.7

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2
Sugars, total (g)	2.9

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	79
Phosphorus, P (mg)	27
Iron, Fe (mg)	5.8
Sodium, Na (mg)	108

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	820
Retinol Activity Equivalent, RAE (µg)	68
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	16

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.03
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.05

Cholesterol (mg)

0