

Arlington School District

000565 - CELERY STICKS 1/2 CUP :

HACCP Process: #1 No Cook

Number of Portions: 1

Size of Portions: 6 sticks

Alternate Recipe Name:

CELERY STICKS

011143 CELERY,RAW... 1/2 CUP (sticks)

*Nutrients are based upon 1 Portion Size (6 sticks)

Calories	10 kcal	Cholesterol	0 mg	Sugars	1.0 g	Calcium	29.71 mg	10.93%	Calories from Total Fat
Total Fat	0.13 g	Sodium	59 mg	Protein	0.51 g	Iron	0.15 mg	2.70%	Calories from Sat Fat
Sat Fat	0.03 g	Carbs	2.21 g	Vitamin A	333.5 IU	Water ¹	70.88 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	D. Fiber	1.19 g	Vitamin C	2.3 mg	Ash ¹	0.56 g	84.86%	Calories from Carbs
								19.71%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.