

# Celery

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51491
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK CLEANED	1/4 Cup		478318

## Preparation Instructions

Serve with 1 2 oz spoodle with signage Take Two Scoops For Full Servings

jsh 12.27.24

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
<b>Calories</b>	4.35
<b>Fat</b>	0.05g
<b>Saturated Fat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	24.80mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	0.50g
<b>Total Sugar</b>	0.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.23g
<b>Vitamin A</b> 139.19mcg RAE	<b>Vitamin C</b> 0.96mg
<b>Calcium</b> 12.40mg	<b>Iron</b> 0.06mg

## Nutrition - Per 100g

<b>Calories</b>	7.67
<b>Fat</b>	0.09g
<b>Saturated Fat</b>	0.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	43.74mg
<b>Carbohydrates</b>	1.76g
<b>Fiber</b>	0.88g
<b>Total Sugar</b>	0.88g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.40g
<b>Vitamin A</b> 245.49mcg RAE	<b>Vitamin C</b> 1.69mg
<b>Calcium</b> 21.87mg	<b>Iron</b> 0.11mg