Celery Cubes

Nutrition Fact Sheet | Approximate values for raw celery, based on USDA data

Fresh celery that has been blended or juiced and frozen into convenient portions. Add a cube to smoothies, juices, soups and sauces for a fresh, crisp celery taste.

Nutrient	Per 100 g	Per cube (about 30 g)*
Calories	14	4
Protein	0.7 g	0.2 g
Total fat	0.2 g	0.1 g
Carbohydrate	3.0 g	0.9 g
of which sugars	1.3 g	0.4 g
Dietary fiber	1.6 g	0.5 g
Sodium	80 mg (~3% DV)	24 mg (~1% DV)
Potassium	260 mg (~6% DV)	78 mg (~2% DV)
Vitamin K	29 mcg (~24% DV)	9 mcg (~7% DV)
Folate	36 mcg DFE (~9% DV)	11 mcg DFE (~3% DV)
Calcium	40 mg (~3% DV)	12 mg (~1% DV)
Vitamin C	3 mg (~3% DV)	0.9 mg (~1% DV)

Notes

- *Cube size is assumed to be about 30 g. Replace this with your actual cube weight and recalculate.
- DV = Daily Value, based on a 2,000-calorie diet.
- Values are for raw celery. If your cubes contain added water, lemon or other ingredients, values will differ, so use your lab analysis or product label.
- Celery is about 95% water, so a single cube provides only small amounts of vitamins and minerals. Celery also contains plant antioxidants, which have no Daily Value.
- This is general information, not medical advice. Celery is a source of vitamin K, so people taking blood thinners such as warfarin, or with medical conditions, should check with a healthcare professional.