

Cross-Cut Celery

Nutrition Facts

36 servings per container

Serving size 1/4 Cup (14g) Dry
(about 1/2 Cup prepared)

Amount per serving

Calories **45**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **9%**

Total Carbohydrate 9g **3%**

Dietary Fiber 4g **14%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 82mg **6%**

Iron 1mg **6%**

Potassium 614mg **15%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Makes a great addition to your favorite recipes; casseroles, soups, stews, vegetable dishes for a boost of flavor and more.

TO REHYDRATE:

1. Remove oxygen absorber and discard.
2. Cover Freeze Dried Sweet Corn with warm water.
3. Let stand for 30 minutes, stirring occasionally.
4. Drain excess water and serve.

INGREDIENTS: Celery slices.