



Celery

Nutrition Facts

1 Cup (110 grams):

- 20 Calories
- Excellent source of Vitamin K (30%)
- Good source of Folate(10%)
- Good source of Molybdenum (15%)

Dole Recipe: Cranberry Apple Stuffing

(More recipes available at Dole.com)



Serves: 10

Prep Time: 20 minutes

Preheat Oven to 350°F

Ingredients:

- ¼ cup olive oil
- 2 cups DOLE® Premium Celery Hearts, chopped
- ½ cup DOLE Onion, chopped
- 1 teaspoon dried thyme leaves, crushed
- 1 teaspoon rosemary leaves, crushed
- 1 teaspoon dried parsley flakes
- 2 DOLE Granny Smith Apples, cored, chopped
- 1½ cups dried cranberries
- 1 teaspoon grated orange peel
- 4 cups seasoned dry bread cubes
- 1½ cups fat free chicken broth

Directions:

- Heat olive oil in large skillet. Stir in celery, onion, thyme, rosemary and parsley. Cook 5 minutes or until vegetables are tender crisp. Remove from heat; stir in apples, cranberries and orange peel.
- Pour bread cubes in large bowl. Stir in apple mixture. Add broth; toss to combine. Pour in 13x9-inch baking dish. Cover.
- Bake 35 to 40 minutes. Uncover; bake 10 to 15 minutes more or until lightly browned.



Nutrition Facts

servings per container
Serving size 2 large stalks (128g)

Amount per serving
Calories 20

Calories from Saturated Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 4g **1%**

Dietary Fiber 2g **7%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 1g

Vit. D 0mcg 0% • Calcium 4%

Iron 0mg 0% • Potas. 333mg 8%

Vit. A 4% • Vit. C 4%

Vit. K 30% • Riboflavin 8%

Niacin 6% • Vit B₆ 6%

Folate DFE 10% • Magnesium 4%

Manganese 4% • Molybdenum 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.

Ten Fun Ways to Use Celery

1

Juice celery with green apples and kale.

2

Roast celery and serve as a side dish.

3

Stir-fry celery with chicken and other vegetables.

4

Cook celery root and make a "mash."

5

Thinly slice celery root and add it raw to a salad.

6

Add celery seeds to pickling liquid.

7

Use celery seed in homemade whole wheat bread.

8

Make a celery leaf pesto.

9

Swap parsley for celery leaf to garnish dishes.

10

Add any part of celery to a soup.

Research

Institutions worldwide have studied celery and its important nutrients. Here are a few relevant studies and nutrition talking points:

Apigenin, a compound in celery, may suppress the spread of cancer.

Apigenin prevents development of medroxyprogesterone acetate-accelerated 7,12-dimethylbenz(a)anthracene-induced mammary tumors in Sprague-Dawley rats. Mafuvadze B, Benakanakere I, López Pérez FR, Besch-Williford C, Ellersieck MR, Hyder SM. *Cancer Prev Res*, Volume 4, Issue 8, Pages 1316-24, August 2011.

Celery may help protect the stomach from ulcers.

Gastric antiulcer, antisecretory and cytoprotective properties of celery (Apium graveolens) in rats. Al-Howiriny T, Alsheikh A, Alqasoumi S, Al-Yahya M, ElTahir K, Rafatullah S. *Pharm Biol*. Volume 47, Issue 7, Pages 786-93, July 2010.

Eating celery may help calm inflammation.

Chemical composition and anti-inflammatory activity of pectic polysaccharide isolated from celery stalks. Raisa G. Ovodovaa, Victoria V. Golovchenkoa, Sergey V. Popova, Galina Yu. Popovaa, Nikita M. Paderina, Alexandre S. Shashkovb, Yury S. Ovodov. *Food Chemistry*, Volume 114, Issue 2, Pages 610-615, May 2009.

Celery is an excellent source of vitamin K, a nutrient that may help regulate blood sugar levels in people with diabetes.

Phylloquinone intake, insulin sensitivity, and glycemic status in adult men and women. Makiko Yoshida, MS, Sarah L Booth, PhD, James B Meigs, MD, MPH, Edward Saltzman, MD, and Paul F Jacques, ScD. *Am J Clin Nutr*, Volume 88, Issue 1, Pages 210-215, July 2008.

Folate, found in asparagus, may help slow hearing loss in older adults.

Effects of Folic Acid Supplementation on Hearing in Older Adults: A Randomized, Controlled Trial. Jane Durga, PhD; Petra Verhoef, PhD; Lucien J.C. Anteunis, PhD; Evert Schouten, PhD; and Frans J. Kok, PhD. *Ann Intern Med*. Volume 146, Issue 1, 1-9, January 2007.

Eating celery may help lower risk of liver cancer.

Vegetable-based dietary pattern and liver cancer risk: results from the Shanghai women's and men's health studies. Zhang W, Xiang YB, Li HL, Yang G, Cai H, Ji BT, Gao YT, Zheng W, Shu XO. *Cancer Society*, Volume 104, Issue 10, Pages 1353-6, October 2013.

Tweets

#DYK you can use every part of #celery? The root, stalk, leaves and even seeds are all edible!

#Celery tastes great in a #fresh Waldorf salad complete with apples, walnuts and raisins

Even though #celery is mostly water (95%), it's an excellent source of vitamin K. One cup packs 37% of the daily value!

#Celery tastes great dipped in peanut butter or hummus. What's your favorite way to eat celery?

#Mythbusted! #Celery is low in calories (16 per cup), but does not provide negative calories

Observances

March: National Celery Month

