

Dilgard Produce



PRODUCT DESCRIPTION

Celery Sticks 4" 2DYS

Pk/Size

1, 5 lb

Dilgard #

P99048

Celery Facts:

One of the very low calories herbal plants, celery leaves contain only 16 calories per 100 g weight and lots of non-soluble fiber (roughage) which when combined with other weight loss regimens may help to reduce body weight and blood cholesterol levels. Wash the leaves and stem in cold water in order to remove surface dirt, fungicide, and pesticides. Since the herb is high in fiber contents, remove its tough stem ends and chop the stem and leaves closely to cook thoroughly. Its leaf tops, root, as well as stems are being used in cooking in many European, and Asian cultures.