



**36**  
SERVINGS



**SHELF LIFE UP TO**  
**25 YEARS**

Certified



Gluten-Free

**Shelf Life: Best when stored**  
**in a cool dry place at**  
**temperatures between 55° and**  
**70° F (ideal humidity 15%).**

*Shelf life estimates are based*  
*on industry studies from*  
*sources deemed reputable.*  
*Since Augason Farms has no*  
*control over individual storage*  
*practices, they must disclaim*  
*any liability or warranty for*  
*particular results.*

**FOOD STORAGE**  
**EMERGENCY**  
**EVERYDAY FOOD**

# Dehydrated Cross Cut Celery

## Nutrition Facts

Serving Size: 1/4 Cup (14g dry)  
Servings Per Container: 36

Amount Per Serving		Calories from Fat 5	
		% Daily Value*	
<b>Calories</b>	<b>40</b>		
<b>Total Fat</b>	<b>0g</b>	<b>0%</b>	
<b>Saturated Fat</b>	<b>0g</b>	<b>0%</b>	
<b>Trans Fat</b>	<b>0g</b>		
<b>Cholesterol</b>	<b>0mg</b>	<b>0%</b>	
<b>Sodium</b>	<b>0mg</b>	<b>0%</b>	
<b>Total Carbohydrate</b>	<b>9g</b>	<b>3%</b>	
<b>Dietary Fiber</b>	<b>2g</b>	<b>7%</b>	
<b>Sugars</b>	<b>2g</b>		
<b>Protein</b>	<b>2g</b>		
<b>Vitamin A</b>	<b>6%</b>	<b>Vitamin C</b>	<b>25%</b>
<b>Calcium</b>	<b>10%</b>	<b>Iron</b>	<b>6%</b>

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram: Fat 9 Carbs 4 Protein 4

### DIRECTIONS:

Yield: 1/2 cup.

Measure 1/4 cup celery pieces and add 1/2 cup of water. Let stand for 1/2 hour.

For faster results use hot water.

Can be added as is to stews, soups, casseroles, meats, and other dishes for a boost of flavor.

**INGREDIENTS:** Cross cut celery stalk.

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