

Recipe Analyzer Results

A single serving of surprising celery salad has 140 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 4

Amount per serving

Calories **140**

% Daily Value*

Total Fat 7.6g **10%**

Saturated Fat 0.4g **2%**

Cholesterol 0mg **0%**

Sodium 36mg **2%**

Total Carbohydrate 17.3g **6%**

Dietary Fiber 3.2g **11%**

Total Sugars 12.4g

Protein 3.7g

Vitamin D 0mcg **0%**

Calcium 26mg **2%**

Iron 1mg **5%**

Potassium 348mg **7%**

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

Recipe analyzed by **verywell**

Ingredients:

- 1 celery leaves
- 1 pomegranate
- 1 apple
- 1 walnut
- 1 lemon juice
- 1 pomegranate