

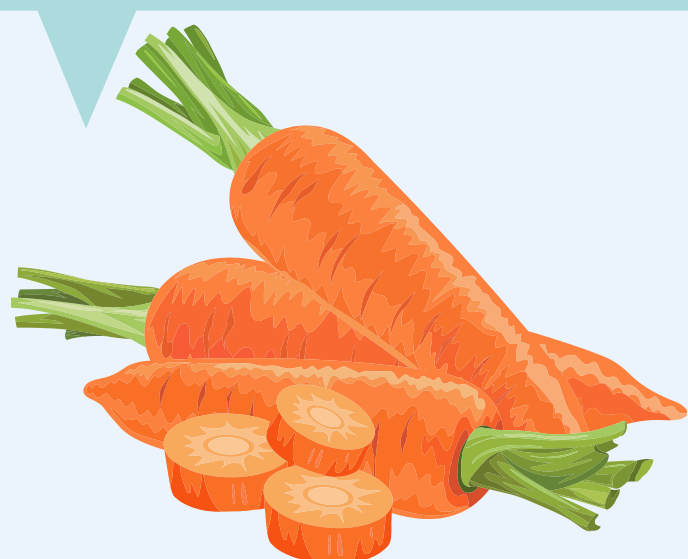


CARROTS NUTRITION FACTS

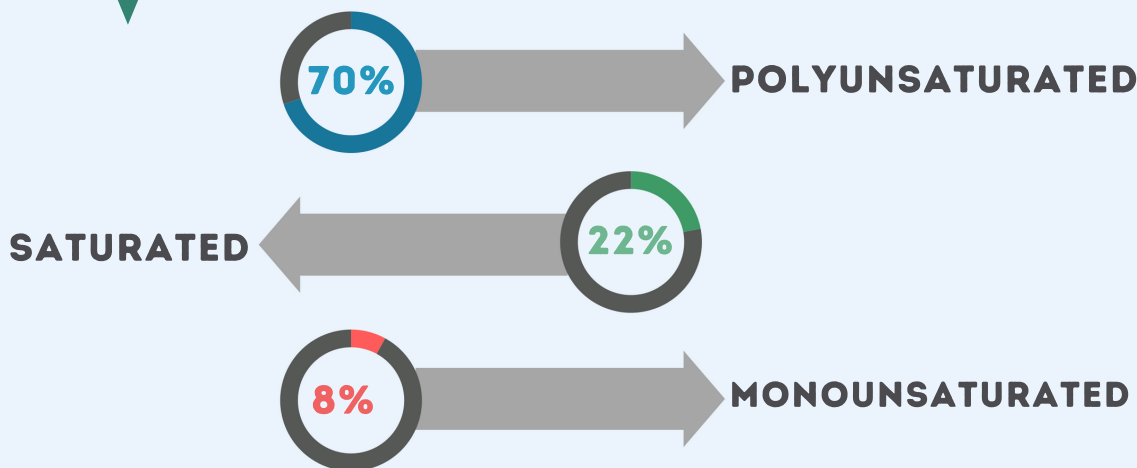


CALORIES 41/100GM

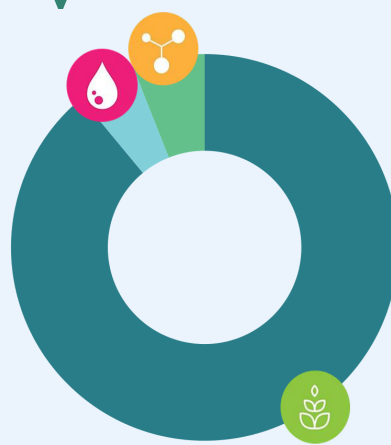
	AMOUNT		AMOUNT
CARBOHYDRATE	9.58 G	NIACIN	0.983 MG
FAT	0.24 G	VITAMIN A	835 MCG
PROTEIN	0.93 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.138 MG
FIBER	2.8 G	VITAMIN C	5.9 MG
RIBOFLAVIN	0.058 MG	VITAMIN D	0.00
SODIUM, NA	69 MG	FOLATE	19 MCG
THIAMIN	0.066 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



- CARBOHYDRATE 89%
- FAT 5%
- PROTEIN 6%

CARROTS OTHER NAMES

DAUCUS CAROTA

MINERALS IN CARROTS

33 MG	CALCIUM, CA	3 % (DV)
0.045 MG	COPPER, CU	5 % (DV)
0.30 MG	IRON, FE	2 % (DV)
12 MG	MAGNESIUM, MG	3 % (DV)
0.1 MCG	SELENIUM, SE	0 % (DV)
35 MG	PHOSPHORUS, P	5 % (DV)
320 MG	POTASSIUM, K	7 % (DV)
0.24 MG	ZINC, ZN	2 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.