

AA CARROTS, IW

Nutrition Facts

Serving Size: 1/2 CUP
Serving per Container: 1

Amount Per Serving

Calories: 15 Calories from Fat 0

% Daily Value²

Total Fat 0.0g 0%

Saturated Fat 0.0g 0%

Trans Fat¹ 0.0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 4.0g 1%

Dietary Fiber 1.0g 4%

Sugars 3.0g

Protein 1.0g 2%

Vitamin A 60% Vitamin C 5%

Calcium 2% Iron 2%



¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

² - Percent Daily Values are based on a 2,000 calorie diet.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



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Nutritional Information – Fresh or Frozen Carrot

PARAMETER	PER 100 GRAMS
Calories	41 kcal
Total Fat	0.24 g
Saturated Fat	0.032 g
Cholesterol	0 mg
Moisture	88.3 g
Total Carbohydrates	9.58 g
Total Dietary Fiber	2.8 g
Sugars	4.74 g
Protein	0.93 g
Sodium	69 mg
Vitamin A	835 µg
Vitamin C	5.9 mg
Vitamin D	0 µg
Calcium	33 mg
Iron	0.3 mg
Potassium	320 g

The above information may vary due to the natural variation that occurs because of climate and growing region. No guarantee is implied by furnishing the above information. Information is based on the FDA's voluntary labeling regulations for fresh carrots (21 CFR 101, Appendix C). Nutritional information data sourced from USDA.

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