

Carrots

Nutrition Facts

Serving Size: ½ cup carrots, sliced (61g)
Calories 25 Calories from Fat 0

| | % Daily Value |
|-----------------------|---------------|
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 45mg | 2% |
| Total Carbohydrate 6g | 2% |
| Dietary Fiber 2g | 7% |
| Sugars 3g | |
| Protein 1g | |
| Vitamin A 204% | Calcium 2% |
| Vitamin C 6% | Iron 1% |

Other nutrients: Vitamin K (10%), Potassium (5%), Beta-carotene (5,054 mcg), Alpha-carotene (2,121 mcg)

Source: www.nal.usda.gov/fnic/foodcomp/search/
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