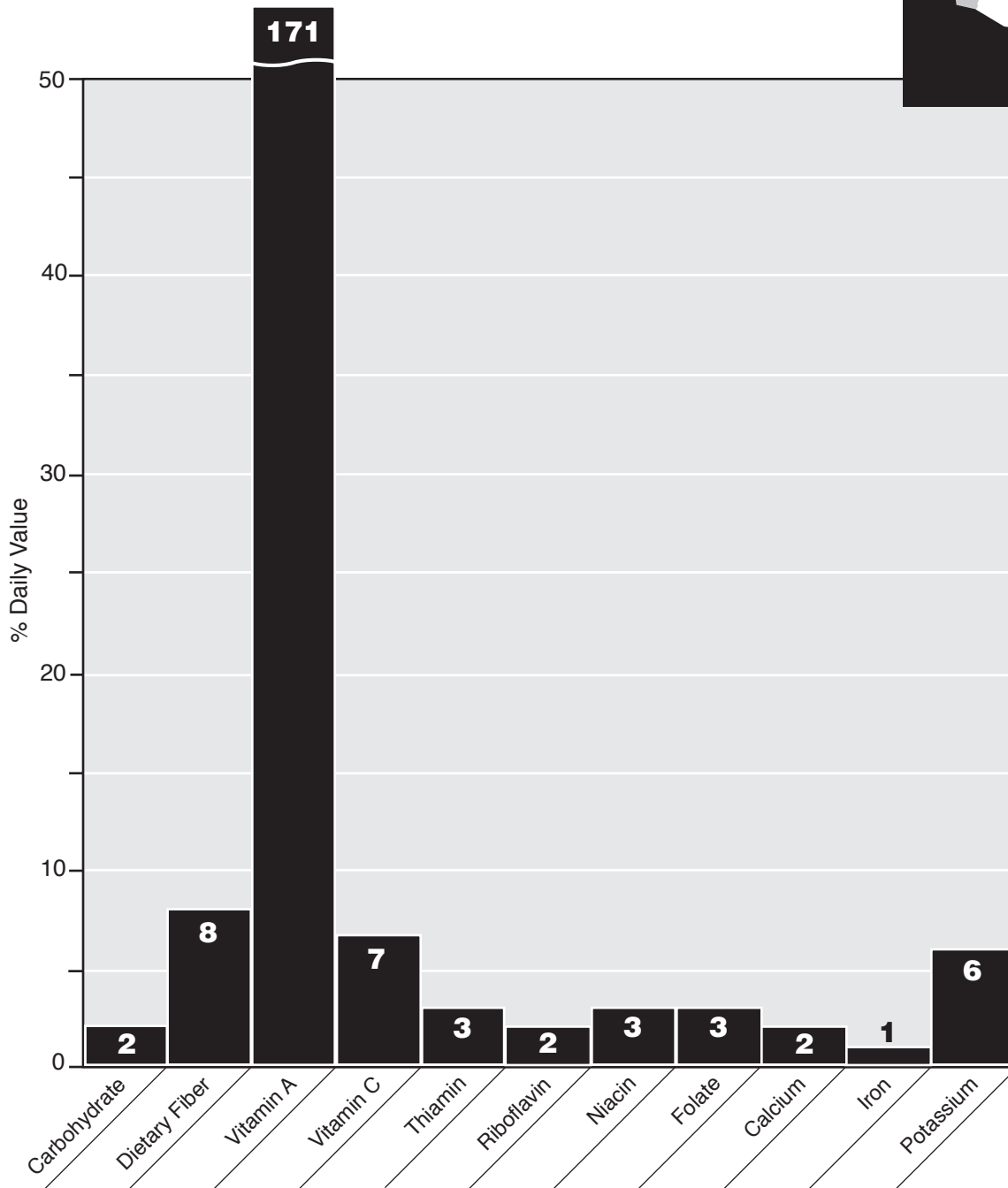


Carrot

Apiaceae Daucus carota L. var. sativa
(analysis based on *peeled raw carrot*)



Serving Size

- 1 Medium Carrot
- 71 Grams
- 29 Calories
 - 5% from fat
 - 6% from protein
 - 90% from carbohydrate
- 1 Gram Protein
- 7 Grams Carbohydrate
 - 2 grams dietary fiber
- 0.2 Gram Fat
- 63 Grams Water
- 49 Milligrams Sodium

