

Carrots

Serving Size

1 cup carrots (126g) grams

Amount Per Serving

Calories **50**

	% Daily Value *
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 90 mg	4%
Total Carbohydrate 12 g	4%
Dietary Fiber 4 g	13%
Total Sugars 6 g	
Includes 0 g Added Sugars	0%
Protein 1 g	
Vitamin D 0 mcg	0%
Calcium 42 mg	4%
Iron 0.38 mg	2%
Potassium 410 mg	8%

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

Allergens:

Ingredients:
