

## Carrots

### Serving Size

1/2 cup sliced (37 g)

Amount Per Serving

**Calories** **50**

	% Daily Value *
<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 90 mg	<b>4%</b>
<b>Total Carbohydrate</b> 12 g	<b>4%</b>
Dietary Fiber 4 g	<b>13%</b>
Total Sugars 6 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 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:**

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