

Source: USDA National Nutrient Database for Standard Reference 27 Software v.2.0b

Basic Report

Report Run at: October 06

2014 21:32 EDT

Nutrient data for: 11124,Carrots, raw

<u>Nutrient</u>	<u>0.25"cup strips or slices"30.5g</u>	<u>Unit</u>	<u>1Value per100g</u>	<u>1.0"cup chopped"1 28.0g</u>	<u>1.0"cup grated" 110.0g</u>	<u>1.0"strip medium"4.0g</u>
Proximates						
Water	26.93	g	88.29	113.01	97.12	3.53
Energy	13	kcal	41	52	45	2
Protein	0.28	g	0.93	1.19	1.02	0.04
Total lipid (fat)	0.07	g	0.24	0.31	0.26	0.01
Carbohydrate, by difference	2.92	g	9.58	12.26	10.54	0.38
Fiber, total dietary	0.9	g	2.8	3.6	3.1	0.1
Sugars, total	1.45	g	4.74	6.07	5.21	0.19
Minerals						
Calcium, Ca	10	mg	33	42	36	1
Iron, Fe	0.09	mg	0.3	0.38	0.33	0.01
Magnesium, Mg	4	mg	12	15	13	0
Phosphorus, P	11	mg	35	45	38	1
Potassium, K	98	mg	320	410	352	13
Sodium, Na	21	mg	69	88	76	3
Zinc, Zn	0.07	mg	0.24	0.31	0.26	0.01
Vitamins						
Vitamin C, total ascorbic acid	1.8	mg	5.9	7.6	6.5	0.2
Thiamin	0.02	mg	0.066	0.084	0.073	0.003
Riboflavin	0.018	mg	0.058	0.074	0.064	0.002
Niacin	0.3	mg	0.983	1.258	1.081	0.039
Vitamin B-6	0.042	mg	0.138	0.177	0.152	0.006
Folate, DFE	6	Âµg	19	24	21	1
Vitamin B-12	0	Âµg	0	0	0	0
Vitamin A, RAE	255	Âµg	835	1069	918	33
Vitamin A, IU	5095	IU	16706	21384	18377	668
Vitamin E (alpha-tocopherol)	0.2	mg	0.66	0.84	0.73	0.03
Vitamin D (D2 + D3)	0	Âµg	0	0	0	0
Vitamin D	0	IU	0	0	0	0
Vitamin K (phylloquinone)	4	Âµg	13.2	16.9	14.5	0.5
Lipids						
Fatty acids, total saturated	0.011	g	0.037	0.047	0.041	0.001
Fatty acids, total monounsaturate	0.004	g	0.014	0.018	0.015	0.001
Fatty acids, total polyunsaturated	0.036	g	0.117	0.15	0.129	0.005
Cholesterol	0	mg	0	0	0	0
Other						
Caffeine	0	mg	0	0	0	0