



# Nutritional Fact Sheet

## Carrot Dices

**Ingredients:** Dehydrated Carrots.

**Description & Directions:** Fresh, mature, Carrots are washed, trimmed, diced, and dried to specifications. Rehydrate in boiling water for 10-15 minutes, or in cold water for 1-2 hours. Use 2 parts water to 1 part product. Rehydration ratio is about 1:8.

**Storage & Shelf-life:** Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

<b>Nutrient</b>	<b>Per 100 grams dry</b>	<b>14g (app. 1/4 cup)</b>
Energy (Calories)	335	46.9
Total Fat	1.48g	0.2072g
Saturated Fat	0.24g	0.0336g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	272mg	38.08mg
Total Carbohydrates	78.9g	11.046g
Dietary Fiber	8.09g	1.1326g
Sugars	51.4g	7.196g
Protein	8.01g	1.1214g
Vitamin A (IU)	108328	15165.92
Thaimin-B1	0.78mg	0.1092mg
Riboflavin	0.47mg	0.0658mg
Niacin	7.24mg	1.0136mg
Vitamin B-6	1.17mg	0.1638mg
Vitamin C	72.4mg	10.136mg
Calcium	210mg	29.4mg
Iron	3.89mg	0.5446mg
Phosphorus	342mg	47.88mg
Potassium	2513mg	351.82mg

Plant Location: 806 Rivit Street, Greenville, NC 27834

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