



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 30 minutes. Use 2 parts water to 1 part product. Rehydration ratio is about 1:6.

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.

Nutrient	Per 100 Grams Dry
Calories	325.62 kcal
Protein	7.39 g
Total Carbohydrate	76.08 g
Sugars	37.64 g
Added Sugars	0.00 g
Dietary Fiber	22.24 g
Total Fat	1.91 g
Saturated Fat	0.29 g
Cholesterol	0.00 mg
Thiamin – B1	0.52 mg
Riboflavin – B2	0.46 mg
Niacin – B3	7.81 mg
Vitamin B6	1.10 mg
Vitamin C	46.86 mg
Vitamin D	0.00 mcg
Calcium	262.08 mg
Iron	2.38 mg
Phosphorus	277.97 mg
Potassium	2541.42 mg
Sodium	547.99 mg
Trans Fat	0.00 g