



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	14g (app. 1/4 cup)
Energy (Calories)	335.00	46.90
Total Fat	1.48g	0.21g
Saturated Fat	0.24g	0.03g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	272.00mg	38.08mg
Total Carbohydrates	78.90g	11.05g
Dietary Fiber	8.09g	1.13g
Sugars	51.40g	7.20g
Protein	8.01g	1.12g
Vitamin A (IU)	108328.00	15165.92
Thaimin-B1	0.78mg	0.11mg
Riboflavin	0.47mg	0.07mg
Niacin	7.24mg	1.01mg
Vitamin B-6	1.17mg	0.16mg
Vitamin C	72.40mg	10.14mg
Calcium	210.00mg	29.40mg
Iron	3.89mg	0.54mg
Phosphorus	342.00mg	47.88mg
Potassium	2513.00mg	351.82mg

Physical Address: 181 Industrial Park Road * Franklin, NC 28734

Phone: (800) 696-1395 / Fax (800) 696-7874

www.GoHHF.com