



TECHNICAL SHEET - Fresh Produce - Carrots

Energy	34 Kcal -145 Kj
Protein	0,47 gr
Total lipid (fat)	0,14 gr
Ash	0,55 gr
Carbohydrate	7,36 gr
Calcium (Ca)	183 mg
Iron (Fe)	13,10 mg
Phosphorus (P)	254 mg
Potassium (K)	2130 mg
Sodium (Na)	644 mg
Zinc	2.92 mg
Copper	0.19 mg
Selenium	1.0 mg
β -Carotene	up to 100 mg/L
Total carotenes	up to 150 mg/L and over
Vitamin A	1148 mg
Vitamin B1	0.04 mg
Vitamin B2	0.04 mg
Vitamin C	4 mg
Vitamin PP	0.70 mg