



TECHNICAL SHEET - Fresh Produce - Purple Carrots

Energy	37 Kcal -158 Kj
Protein	0,65 gr
Total lipid (fat)	0,28 gr
Ash	0,66 gr
Carbohydrate	8,03 gr
Calcium (Ca)	174 mg
Iron (Fe)	1,25 mg
Phosphorus (P)	291 mg
Potassium (K)	2340 mg
Sodium (Na)	497 mg
Zinc	2.92 mg
Copper	0.19 mg
Selenium	1.0 mg
Total polyphenol	325 mg
Anthocyanins	from 50 to 100 mg
Vitamin A	1148 mg
Vitamin B1	0.04 mg
Vitamin B2	0.04 mg
Vitamin C	4 mg
Vitamin PP	0.70 mg