

Nutrition Facts

Carrot

Serving size (100g)

Amount Per Serving

Calories

40

www.ihcare.ae

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 10g **4%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 0mcg **0%**

Calcium 39mg **4%**

Iron 0.36mg **2%**

Potassium 0mg **0%**

Vitamin A 36072mcg **330%**

Vitamin C 9mg **10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.