

BABY CARROTS & RED BELL PEPPER



There are five sizes of baby carrots; the smallest size carrots are called "carroteenies."

PRODUCE PARTICULARS

Carrots are grown year-round, but the ones that are grown in cool temperatures are the sweetest and most delicious!

Bell peppers are a great source of Vitamin C, with red bell peppers having the most.

Baby carrots don't actually grow small, but are made by cutting and shaping a special kind of carrot that grows slim and tender. It's like a magical transformation into bite-sized goodness just for us!



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 35

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 40mg 2%

Total Carbohydrate 7g 3%

Dietary Fiber 3g 9%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.7mg 4%

Potassium 220mg 4%

* 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Peppers, Sweet, Red, Raw, Carrots, Baby, Raw

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