

# BABY CARROTS & SUGAR SNAP PEAS



Can you measure your veggies? How many inches long are your carrots and how many centimeters long are your snap peas?

## PRODUCE PARTICULARS

Sugar snap peas actually make a SNAP sound when you break them in half! See the little peas inside?



Carrots get their color from beta-carotene which plays a role in eye health and may help protect your cells from damage.



Sugar snap peas have a relatively short growing season which starts in early spring and wraps up by late summer.



FRESHEALTH

### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 40**

% Daily Value \*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	40mg	2%
Total Carbohydrate	8g	3%
Dietary Fiber	3g	10%
Total Sugars	4g	
Includes 0g Added Sugars		0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	40mg	2%
Iron	1.5mg	8%
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