

BABY CARROTS



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!



Carrots have a special nutrient called beta carotene that helps you see well, grow strong, and stay healthy.



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	80mg	3%
Total Carbohydrate	8g	3%
Dietary Fiber	3g	10%
Total Sugars	5g	
Includes	0g Added Sugars	0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.9mg	4%
Potassium	240mg	6%

* 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: Carrots, Baby, Raw

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