

# RAINBOW SHREDDED CARROTS



Can you name all the colors of the carrots you see?

## PRODUCE PARTICULARS

Rainbow carrots come in all sorts of varieties: yellow stone, white satin, purple haze, black knight, nantes and atomic red.

Purple carrots were commonly eaten 1,000 years ago in what is now Afghanistan, with yellow carrots to follow into the 1,500s.



### 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	70mg	3%
Total Carbohydrate	10g	3%
Dietary Fiber	3g	10%
Total Sugars	5g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.3mg	2%
Potassium	320mg	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, Raw

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