



# Harvest of the Month

## Carrots

### Nutrition Facts

Serving Size: 1 cup, chopped (128g)

Calories 52

Calories from Fat 3

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 88mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Sugars 6g	
Protein 1g	
Vitamin A 430%	Calcium 4%
Vitamin C 13%	Iron 2%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)



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