

Shredded carrot

Nutrition Facts

2 servings per container

Serving size 1 cup (100g)

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 9g 3%

Dietary Fiber 4g 16%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein <1g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0mg 0%

Potassium 237mg 7%

* 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.