

Basic Report 11124, Carrots, raw
Report Date: July 21, 2019 23:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup chopped 128g	1 cup grated 110g	1 cup strips or slices 122g	1 large (7-1/4" to 8-1/2" long) 72g	1 medium 61g	1 small (5-1/2" long) 50g	1 slice 3g	1 strip large (3" long) 7g	1 strip medium 4g
Proximates											
Water	g	88.29	113.01	97.12	107.71	63.57	53.86	44.15	2.65	6.18	3.53
Energy	kcal	41	52	45	50	30	25	20	1	3	2
Protein	g	0.93	1.19	1.02	1.13	0.67	0.57	0.47	0.03	0.07	0.04
Total lipid (fat)	g	0.24	0.31	0.26	0.29	0.17	0.15	0.12	0.01	0.02	0.01
Carbohydrate, by difference	g	9.58	12.26	10.54	11.69	6.90	5.84	4.79	0.29	0.67	0.38
Fiber, total dietary	g	2.8	3.6	3.1	3.4	2.0	1.7	1.4	0.1	0.2	0.1
Sugars, total	g	4.74	6.07	5.21	5.78	3.41	2.89	2.37	0.14	0.33	0.19
Minerals											
Calcium, Ca	mg	33	42	36	40	24	20	16	1	2	1
Iron, Fe	mg	0.30	0.38	0.33	0.37	0.22	0.18	0.15	0.01	0.02	0.01
Magnesium, Mg	mg	12	15	13	15	9	7	6	0	1	0
Phosphorus, P	mg	35	45	38	43	25	21	18	1	2	1
Potassium, K	mg	320	410	352	390	230	195	160	10	22	13
Sodium, Na	mg	69	88	76	84	50	42	34	2	5	3
Zinc, Zn	mg	0.24	0.31	0.26	0.29	0.17	0.15	0.12	0.01	0.02	0.01
Vitamins											
Vitamin C, total ascorbic acid	mg	5.9	7.6	6.5	7.2	4.2	3.6	3.0	0.2	0.4	0.2
Thiamin	mg	0.066	0.084	0.073	0.081	0.048	0.040	0.033	0.002	0.005	0.003
Riboflavin	mg	0.058	0.074	0.064	0.071	0.042	0.035	0.029	0.002	0.004	0.002
Niacin	mg	0.983	1.258	1.081	1.199	0.708	0.600	0.491	0.029	0.069	0.039
Vitamin B-6	mg	0.138	0.177	0.152	0.168	0.099	0.084	0.069	0.004	0.010	0.006
Folate, DFE	µg	19	24	21	23	14	12	10	1	1	1
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	835	1069	918	1019	601	509	418	25	58	33
Vitamin A, IU	IU	16706	21384	18377	20381	12028	10191	8353	501	1169	668

Nutrient	Unit	1 Value Per100 g	1 cup chopped 128g	1 cup grated 110g	1 cup strips or slices 122g	1 large (7-1/4" to 8-1/2" long) 72g	1 medium 61g	1 small (5-1/2" long) 50g	1 slice 3g	1 strip large (3" long) 7g	1 strip medium 4g
Vitamin E (alpha-tocopherol)	mg	0.66	0.84	0.73	0.81	0.48	0.40	0.33	0.02	0.05	0.03
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	13.2	16.9	14.5	16.1	9.5	8.1	6.6	0.4	0.9	0.5
Lipids											
Fatty acids, total saturated	g	0.032	0.041	0.035	0.039	0.023	0.020	0.016	0.001	0.002	0.001
Fatty acids, total monounsaturated	g	0.012	0.015	0.013	0.015	0.009	0.007	0.006	0.000	0.001	0.000
Fatty acids, total polyunsaturated	g	0.102	0.131	0.112	0.124	0.073	0.062	0.051	0.003	0.007	0.004
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0	0	0	0
Amino Acids											
Other											
Caffeine	mg	0	0	0	0	0	0	0	0	0	0