

## Full Report (All Nutrients) 11124, Carrots, raw

Report Date: September 20, 2019 01:36 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.84 Fat Factor: 8.37 Protein Factor:2.78 Nitrogen to Protein Conversion Factor:6.25

Refuse:11% Refuse Description: Crown, tops and scrapings

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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
<b>Proximates</b>													
Water <a href="#">1</a>	g	88.29	33	0.420	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
Energy	kJ	173	--	--	221	190	211	125	106	86	5	12	7
Protein <a href="#">1</a>	g	0.93	19	0.008	1.19	1.02	1.13	0.67	0.57	0.47	0.03	0.07	0.04
Total lipid (fat) <a href="#">1</a>	g	0.24	26	0.010	0.31	0.26	0.29	0.17	0.15	0.12	0.01	0.02	0.01
Ash <a href="#">1</a>	g	0.97	19	0.010	1.24	1.07	1.18	0.70	0.59	0.48	0.03	0.07	0.04
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 <a href="#">1</a>	g	2.8	4	--	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
Sucrose <a href="#">1</a>	g	3.59	11	0.280	4.60	3.95	4.38	2.58	2.19	1.79	0.11	0.25	0.14
Glucose (dextrose) <a href="#">1</a>	g	0.59	11	0.140	0.76	0.65	0.72	0.42	0.36	0.29	0.02	0.04	0.02
Fructose <a href="#">1</a>	g	0.55	11	0.090	0.70	0.61	0.67	0.40	0.34	0.28	0.02	0.04	0.02
Lactose <a href="#">1</a>	g	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Maltose <a href="#">1</a>	g	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Galactose	g	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Starch <a href="#">1</a>	g	1.43	2	--	1.83	1.57	1.74	1.03	0.87	0.71	0.04	0.10	0.06
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	33	75	1.000	42	36	40	24	20	16	1	2	1
Iron, Fe <a href="#">1</a>	mg	0.30	75	0.010	0.38	0.33	0.37	0.22	0.18	0.15	0.01	0.02	0.01
Magnesium, Mg <a href="#">1</a>	mg	12	75	0.000	15	13	15	9	7	6	0	1	0

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Phosphorus, P <a href="#">1</a>	mg	35	75	0.000	45	38	43	25	21	18	1	2	1
Potassium, K <a href="#">1</a>	mg	320	76	8.000	410	352	390	230	195	160	10	22	13
Sodium, Na <a href="#">1</a>	mg	69	81	3.000	88	76	84	50	42	34	2	5	3
Zinc, Zn <a href="#">1</a>	mg	0.24	76	0.010	0.31	0.26	0.29	0.17	0.15	0.12	0.01	0.02	0.01
Copper, Cu <a href="#">1</a>	mg	0.045	70	0.007	0.058	0.050	0.055	0.032	0.027	0.022	0.001	0.003	0.002
Manganese, Mn <a href="#">1</a>	mg	0.143	66	0.006	0.183	0.157	0.174	0.103	0.087	0.071	0.004	0.010	0.006
Selenium, Se	µg	0.1	39	0.038	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.0
Fluoride, F <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	µg	3.2	21	0.400	4.1	3.5	3.9	2.3	2.0	1.6	0.1	0.2	0.1
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	5.9	21	1.100	7.6	6.5	7.2	4.2	3.6	3.0	0.2	0.4	0.2
Thiamin <a href="#">1</a>	mg	0.066	21	0.011	0.084	0.073	0.081	0.048	0.040	0.033	0.002	0.005	0.003
Riboflavin <a href="#">1</a>	mg	0.058	19	0.013	0.074	0.064	0.071	0.042	0.035	0.029	0.002	0.004	0.002
Niacin <a href="#">1</a>	mg	0.983	19	0.215	1.258	1.081	1.199	0.708	0.600	0.491	0.029	0.069	0.039
Pantothenic acid <a href="#">1</a>	mg	0.273	9	0.145	0.349	0.300	0.333	0.197	0.167	0.137	0.008	0.019	0.011
Vitamin B-6 <a href="#">1</a>	mg	0.138	19	0.030	0.177	0.152	0.168	0.099	0.084	0.069	0.004	0.010	0.006
Folate, total <a href="#">1</a>	µg	19	19	5.000	24	21	23	14	12	10	1	1	1
Folic acid	µg	0	--	--	0	0	0	0	0	0	0	0	0
Folate, food	µg	19	19	5.000	24	21	23	14	12	10	1	1	1
Folate, DFE	µg	19	--	--	24	21	23	14	12	10	1	1	1
Choline, total <a href="#">1</a>	mg	8.8	--	--	11.3	9.7	10.7	6.3	5.4	4.4	0.3	0.6	0.4
Betaine <a href="#">1</a>	mg	0.4	1	--	0.5	0.4	0.5	0.3	0.2	0.2	0.0	0.0	0.0
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 B-12, added	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
Retinol	µg	0	--	--	0	0	0	0	0	0	0	0	0
Carotene, beta <a href="#">1</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a>	µg	8285	197	1082.000	10605	9114	10108	5965	5054	4142	249	580	331
Carotene, alpha <a href="#">1</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a>	µg	3477	190	531.000	4451	3825	4242	2503	2121	1738	104	243	139
Cryptoxanthin, beta <a href="#">10</a>	µg	0	45	--	0	0	0	0	0	0	0	0	0
Vitamin A, IU	IU	16706	--	--	21384	18377	20381	12028	10191	8353	501	1169	668
Lycopene <a href="#">1</a> <a href="#">15</a>	µg	1	8	0.000	1	1	1	1	1	0	0	0	0



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15:1 <a href="#">1</a>	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
16:1 undifferentiated <a href="#">1</a>	g	0.002	2	--	0.003	0.002	0.002	0.001	0.001	0.001	0.000	0.000	0.000
17:1 <a href="#">1</a>	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
18:1 undifferentiated <a href="#">1</a>	g	0.011	2	--	0.014	0.012	0.013	0.008	0.007	0.005	0.000	0.001	0.000
20:1 <a href="#">1</a>	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated <a href="#">1</a>	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	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
18:2 undifferentiated <a href="#">1</a>	g	0.100	2	--	0.128	0.110	0.122	0.072	0.061	0.050	0.003	0.007	0.004
18:3 undifferentiated <a href="#">1</a>	g	0.002	2	--	0.003	0.002	0.002	0.001	0.001	0.001	0.000	0.000	0.000
18:4 <a href="#">1</a>	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:2 n-6 c,c <a href="#">1</a>	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:3 undifferentiated <a href="#">1</a>	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated <a href="#">1</a>	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA) <a href="#">1</a>	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA) <a href="#">1</a>	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA) <a href="#">1</a>	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
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
<b>Amino Acids</b>													
Tryptophan <a href="#">18</a>	g	0.012	--	--	0.015	0.013	0.015	0.009	0.007	0.006	0.000	0.001	0.000
Threonine <a href="#">18</a>	g	0.191	--	--	0.244	0.210	0.233	0.138	0.117	0.096	0.006	0.013	0.008
Isoleucine <a href="#">18</a>	g	0.077	--	--	0.099	0.085	0.094	0.055	0.047	0.038	0.002	0.005	0.003
Leucine <a href="#">18</a>	g	0.102	--	--	0.131	0.112	0.124	0.073	0.062	0.051	0.003	0.007	0.004
Lysine <a href="#">18</a>	g	0.101	--	--	0.129	0.111	0.123	0.073	0.062	0.051	0.003	0.007	0.004
Methionine <a href="#">18</a>	g	0.020	--	--	0.026	0.022	0.024	0.014	0.012	0.010	0.001	0.001	0.001
Cystine <a href="#">18</a>	g	0.083	--	--	0.106	0.091	0.101	0.060	0.051	0.042	0.002	0.006	0.003
Phenylalanine <a href="#">18</a>	g	0.061	--	--	0.078	0.067	0.074	0.044	0.037	0.030	0.002	0.004	0.002
Tyrosine <a href="#">18</a>	g	0.043	--	--	0.055	0.047	0.052	0.031	0.026	0.021	0.001	0.003	0.002
Valine <a href="#">18</a>	g	0.069	--	--	0.088	0.076	0.084	0.050	0.042	0.035	0.002	0.005	0.003
Arginine <a href="#">18</a>	g	0.091	--	--	0.116	0.100	0.111	0.066	0.056	0.045	0.003	0.006	0.004
Histidine <a href="#">18</a>	g	0.040	--	--	0.051	0.044	0.049	0.029	0.024	0.020	0.001	0.003	0.002



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Biochanin A	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Formononetin	mg	0.00	2	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coumestrol	mg	0.00	2	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Proanthocyanidin													
Proanthocyanidin dimers <a href="#">27</a> , <a href="#">28</a> <a href="#">29</a>	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin trimers <a href="#">27</a> , <a href="#">28</a> <a href="#">29</a>	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin 4-6mers <a href="#">28</a> <a href="#">29</a>	mg	0.0	5	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin 7-10mers <a href="#">28</a> <a href="#">29</a>	mg	0.0	5	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin polymers (>10mers) <a href="#">28</a> <a href="#">29</a>	mg	0.0	5	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Sources of Data

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#### Languag Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1227 CARROT
- C0240 ROOT, TUBER OR BULB, WITHOUT PEEL
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION