

**Full Report (All Nutrients) 11128, Carrots, canned, regular pack, drained solids**
**Report Date: June 20, 2019 19:26 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**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, sliced 146g	1 cup, mashed 228g	1 slice 2.8g	1 can (303 x 406) 284g
<b>Proximates</b>								
Water	g	92.95	11	0.290	135.71	211.93	2.60	263.98
Energy	kcal	25	--	--	36	57	1	71
Energy	kJ	105	--	--	153	239	3	298
Protein	g	0.64	11	0.020	0.93	1.46	0.02	1.82
Total lipid (fat)	g	0.19	11	0.010	0.28	0.43	0.01	0.54
Ash	g	0.68	11	0.060	0.99	1.55	0.02	1.93
Carbohydrate, by difference	g	5.54	--	--	8.09	12.63	0.16	15.73
Fiber, total dietary	g	1.5	--	--	2.2	3.4	0.0	4.3
Sugars, total	g	2.48	--	--	3.62	5.65	0.07	7.04
<b>Minerals</b>								
Calcium, Ca	mg	25	6	0.000	36	57	1	71
Iron, Fe	mg	0.64	6	0.020	0.93	1.46	0.02	1.82
Magnesium, Mg	mg	8	6	0.000	12	18	0	23
Phosphorus, P	mg	24	6	0.000	35	55	1	68
Potassium, K	mg	179	6	14.000	261	408	5	508
Sodium, Na	mg	242	--	--	353	552	7	687
Zinc, Zn	mg	0.26	11	0.020	0.38	0.59	0.01	0.74
Copper, Cu	mg	0.104	10	0.013	0.152	0.237	0.003	0.295
Manganese, Mn	mg	0.450	6	0.027	0.657	1.026	0.013	1.278
Selenium, Se	µg	0.4	--	--	0.6	0.9	0.0	1.1
<b>Vitamins</b>								
Vitamin C, total ascorbic acid	mg	2.7	6	0.062	3.9	6.2	0.1	7.7

Nutrient	Unit	1			1 cup, sliced 146g	1 cup, mashed 228g	1 slice 2.8g	1 can (303 x 406) 284g
		Value Per100 g	Data points	Std. Error				
Thiamin	mg	0.018	6	0.002	0.026	0.041	0.001	0.051
Riboflavin	mg	0.030	6	0.000	0.044	0.068	0.001	0.085
Niacin	mg	0.552	6	0.021	0.806	1.259	0.015	1.568
Pantothenic acid	mg	0.135	6	0.005	0.197	0.308	0.004	0.383
Vitamin B-6	mg	0.112	6	0.002	0.164	0.255	0.003	0.318
Folate, total	µg	9	6	0.000	13	21	0	26
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	9	6	0.000	13	21	0	26
Folate, DFE	µg	9	--	--	13	21	0	26
Choline, total	mg	6.3	--	--	9.2	14.4	0.2	17.9
Betaine	mg	0.1	--	--	0.1	0.2	0.0	0.3
Vitamin B-12	µg	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
Vitamin A, RAE	µg	558	--	--	815	1272	16	1585
Retinol	µg	0	--	--	0	0	0	0
Carotene, beta <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	µg	5331	15	84.000	7783	12155	149	15140
Carotene, alpha <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	µg	2743	14	--	4005	6254	77	7790
Cryptoxanthin, beta <a href="#">3</a>	µg	0	4	--	0	0	0	0
Vitamin A, IU	IU	11170	--	--	16308	25468	313	31723
Lycopene <a href="#">3</a>	µg	0	4	--	0	0	0	0
Lutein + zeaxanthin <a href="#">3</a>	µg	0	4	--	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.74	--	--	1.08	1.69	0.02	2.10
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0
Vitamin K (phylloquinone)	µg	9.8	--	--	14.3	22.3	0.3	27.8
<b>Lipids</b>								
Fatty acids, total saturated	g	0.036	--	--	0.053	0.082	0.001	0.102
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000
12:0	g	0.002	--	--	0.003	0.005	0.000	0.006

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		Value Per100 g						
14:0	g	0.001	--	--	0.001	0.002	0.000	0.003
16:0	g	0.027	--	--	0.039	0.062	0.001	0.077
18:0	g	0.001	--	--	0.001	0.002	0.000	0.003
Fatty acids, total monounsaturated	g	0.009	--	--	0.013	0.021	0.000	0.026
16:1 undifferentiated	g	0.002	--	--	0.003	0.005	0.000	0.006
18:1 undifferentiated	g	0.007	--	--	0.010	0.016	0.000	0.020
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.092	--	--	0.134	0.210	0.003	0.261
18:2 undifferentiated	g	0.079	--	--	0.115	0.180	0.002	0.224
18:3 undifferentiated	g	0.011	--	--	0.016	0.025	0.000	0.031
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	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
Cholesterol	mg	0	--	--	0	0	0	0
<b>Amino Acids</b>								
Tryptophan <a href="#">5</a>	g	0.008	--	--	0.012	0.018	0.000	0.023
Threonine <a href="#">5</a>	g	0.132	--	--	0.193	0.301	0.004	0.375
Isoleucine <a href="#">5</a>	g	0.053	--	--	0.077	0.121	0.001	0.151
Leucine <a href="#">5</a>	g	0.070	--	--	0.102	0.160	0.002	0.199
Lysine <a href="#">5</a>	g	0.070	--	--	0.102	0.160	0.002	0.199
Methionine <a href="#">5</a>	g	0.014	--	--	0.020	0.032	0.000	0.040
Cystine <a href="#">5</a>	g	0.057	--	--	0.083	0.130	0.002	0.162
Phenylalanine <a href="#">5</a>	g	0.042	--	--	0.061	0.096	0.001	0.119
Tyrosine <a href="#">5</a>	g	0.029	--	--	0.042	0.066	0.001	0.082
Valine <a href="#">5</a>	g	0.048	--	--	0.070	0.109	0.001	0.136
Arginine <a href="#">5</a>	g	0.063	--	--	0.092	0.144	0.002	0.179
Histidine <a href="#">5</a>	g	0.027	--	--	0.039	0.062	0.001	0.077
Alanine <a href="#">5</a>	g	0.078	--	--	0.114	0.178	0.002	0.222
Aspartic acid <a href="#">5</a>	g	0.131	--	--	0.191	0.299	0.004	0.372

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Glutamic acid <a href="#">5</a>	g	0.253	--	--	0.369	0.577	0.007	0.719
Glycine <a href="#">5</a>	g	0.032	--	--	0.047	0.073	0.001	0.091
Proline <a href="#">5</a>	g	0.037	--	--	0.054	0.084	0.001	0.105
Serine <a href="#">5</a>	g	0.037	--	--	0.054	0.084	0.001	0.105
<b>Other</b>								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0
<b>Flavonoids</b>								
Flavones								
Apigenin <a href="#">6</a>	mg	0.0	4	0	0.0	0.0	0.0	0.0
Luteolin <a href="#">6</a>	mg	0.0	4	0	0.0	0.0	0.0	0.0
Flavonols								
Kaempferol <a href="#">6</a>	mg	0.0	4	0	0.0	0.0	0.0	0.0
Myricetin <a href="#">6</a>	mg	0.0	4	0	0.0	0.0	0.0	0.0
Quercetin <a href="#">6</a>	mg	0.0	4	0	0.0	0.0	0.0	0.0

**Sources of Data**

- <sup>1</sup>F W Quackenbush Reverse phase HPLC separation of cis- and trans-carotenoids and its application to beta-carotenoids in food materials, 1987 J Liq Chrom 10 pp.643-653
- <sup>2</sup>J P Sweeney, A C Marsh Effect of processing on provitamin A in vegetables, 1971 J Am Diet Assoc 59 pp.238-243
- <sup>3</sup>F Khachik, G R Beecher Application of C-45-beta-carotene as an internal standard for the quantification of carotenoids in yellow/orange vegetables by liquid chromatography, 1987 J Agr Food Chem 35 pp.732-738
- <sup>4</sup>A T Ogunlesi, C Y Lee Effect of thermal processing on the stereoisomerization of major carotenoids and vitamin A value of carrots, 1979 Food Chem 4 pp.311-318
- <sup>5</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4a, 2001 Beltsville MD

<sup>6</sup>Hertog, M. G. L., Hollman, P. C. H., and Katan, M. B. Content of potentially anticarcinogenic flavonoids of 28 vegetables and fruits commonly consumed in The Netherlands., 1992 J. Agric. Food Chem. 40 pp.2379-2383

**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
- E0152 DIVIDED INTO PIECES
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0367 SALT ADDED
- J0123 STERILIZED BY HEAT
- K0017 PACKED IN WATER
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0219 DRAINED