

Basic Report 11655, Carrot juice, canned

Report Date: September 19, 2019 15:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 236g	1 fl oz 29.5g
Proximates				
Water	g	88.87	209.73	26.22
Energy	kcal	40	94	12
Protein	g	0.95	2.24	0.28
Total lipid (fat)	g	0.15	0.35	0.04
Carbohydrate, by difference	g	9.28	21.90	2.74
Fiber, total dietary	g	0.8	1.9	0.2
Sugars, total	g	3.91	9.23	1.15
Minerals				
Calcium, Ca	mg	24	57	7
Iron, Fe	mg	0.46	1.09	0.14
Magnesium, Mg	mg	14	33	4
Phosphorus, P	mg	42	99	12
Potassium, K	mg	292	689	86
Sodium, Na	mg	66	156	19
Zinc, Zn	mg	0.18	0.42	0.05
Vitamins				
Vitamin C, total ascorbic acid	mg	8.5	20.1	2.5
Thiamin	mg	0.092	0.217	0.027
Riboflavin	mg	0.055	0.130	0.016
Niacin	mg	0.386	0.911	0.114
Vitamin B-6	mg	0.217	0.512	0.064
Folate, DFE	µg	4	9	1
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	956	2256	282
Vitamin A, IU	IU	19124	45133	5642
Vitamin E (alpha-tocopherol)	mg	1.16	2.74	0.34

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	15.5	36.6	4.6
Lipids				
Fatty acids, total saturated	g	0.027	0.064	0.008
Fatty acids, total monounsaturated	g	0.007	0.017	0.002
Fatty acids, total polyunsaturated	g	0.071	0.168	0.021
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0