

## Basic Report 11655, Carrot juice, canned

Report Date: September 20, 2019 20:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 236g	1 fl oz 29.5g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0