

Arlington School District

000675 - * CARROTS, BABY ~ 1/2 CUP :

HACCP Process: #1 No Cook
 Number of Portions: 1
 Size of Portions: 6 CARROTS
 Alternate Recipe Name:
 BABY CARROTS

902674 * CARROTS, BABY... 1/2 cup

*Nutrients are based upon 1 Portion Size (6 CARROTS)

Calories	25 kcal	Cholesterol	0 mg	Sugars	*N/A* g	Calcium	20.00 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	55 mg	Protein	0.00 g	Iron	0.72 mg	0.00%	Calories from Sat Fat
Sat Fat	0.00 g	Carbs	6.00 g	Vitamin A	9500.0 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	D. Fiber	2.00 g	Vitamin C	2.4 mg	Ash ¹	*N/A* g	96.00%	Calories from Carbs
								0.00%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.