

# Carrots, Diced Frz (565)

11/5/2012

INGREDIENTS: CARROTS, LIQUID BUTTER ALTERNATIVE (Soybean Oil, Hydrogenated Soybean Oil With Salt, Soy Lecithin, Artificial Flavor, TBHQ and Citric Acid Added As Preservative, Artificial Color and Dimethylpolysiloxane added as an anti-foaming agent.), MODIFIED FOOD STARCH (Corn).  
ALLERGEN: Contains Soy. Manufactured on equipment that processes products containing Eggs, Milk, Wheat, Fish and Crustacean Shellfish..

## Nutrition Facts

Serving Size 1/2 cup (85g)  
Servings Per Container 115

### Amount Per Serving

**Calories 60**      Calories from Fat 35

% Daily Value\*

**Total Fat 4g**      **6%**

Saturated Fat 0.5g      **3%**

**Cholesterol 0mg**      **0%**

**Sodium 85mg**      **3%**

**Total Carbohydrate 7g**      **2%**

Dietary Fiber 3g      **11%**

Sugars 4g

**Protein 1g**

Vitamin A 180%      •      Vitamin C 4%

Calcium 2%      •      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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