Nutritional Information for CARROT SNACK CLEANED 200-1Z

Product Number:	**613967**
Description:	**AP Carrot, Fresh, 1z Markon**

Nutritional Information			
Serving Size 1 Pkg (28 g)			
Amount Per Serving			
Calories 12		**Calories from Fat 1**	
		% Daily Value	
Total Fat	**0 g**	**0%**	
Saturated Fat	0 g	0%	
Trans Fat	n/a		
PolyUnSat	0 g	n/a	
MonoUnSat	0 g	n/a	
Cholesterol	**0 mg**	**0%**	
Sodium	**10 mg**	**0%**	
Potassium	**92 mg**	**3%**	
Total Carbs	**3 g**	**1%**	
Dietary Fiber	1 g	4%	
Sugars	n/a	n/a	
Protein	**0 g**	**1%**	
Vitamin A -	159%	Vitamin C -	4%
Calcium -	1%	Iron -	1%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

Serving Equivalents	
1 Package	
Meat/Meat Alternative	0.00 oz
Fruit/Vegetables	0.25 cup
Grain/Bread	0.00 srv
Child Nutrition Label	No

Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	7975 IU
Vitamin A	n/a

Water Soluble Vitamins	
Thiamin B1	0 mg
Riboflavin B2	0 mg
Niacin B3	0 mg
Pyridoxine B6	0 mg
Cobalamin B12	0 mcg
Pantothenic Acid	0 mg
Vitamin C	3 mg
Folic Acid	4 mcg

Minerals	
Phosphorus	13 mg
Zinc	0 mg
Magnesium	4 mg
Copper	0 mg
Selenium	n/a
Calcium	8 mg
Iron	0 mg
Manganese	0 mg
Iodine	n/a