

CARROT MICRODRIED®

DICED Nutritional Information

DICED Analysis Name	Results	Units
Calories	354	Cal/100g
Carbohydrates	75.03	% by wt
Total Sugars	45.93	% by wt
Fructose	3.42	% by wt
Glucose	1.72	% by wt
Lactose	< 0.25	% by wt
Maltose	< 0.25	% by wt
Sucrose	40.79	% by wt
Total Fat	1.62	% by wt
Trans Fat	0.03	% by wt
Saturated Fat	0.39	% by wt
Monounsaturated Fat	0.09	% by wt
cis-cis Polyunsaturated Fat	1.04	% by wt
Total Dietary Fiber	31.7	% by wt
Protein	9.75	% by wt
Vitamin A (Beta Carotene)	41,000	IU/100g
Vitamin C	2.22	mg/100g
Calcium	294	mg/100g
Iron	2.9	mg/100g
Sodium	46.9	mg/100g
Ash	7.62	% by wt

* Data obtained from multiple sources including testing and literature. Data is not lot specific and should not be considered a specification.

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