



# Carrot, Shredded

- Scientific Name: *Daucus carota* ssp. *sativus*
- Outside Coloring: Orange
- Phytochemical: Rich in beta-carotene
- Description: Sweet taste, orange in color, very firm and crunchy

## Purchasing Specifications

### Availability:

Year round

### Pack Size:

- 4/5 lb
- 1/8" shred

### FreshCut produce general cold-chain management:

- Regardless of the greatness of our quality... if the cold chain is broken, it destroys the integrity of our produce.
- Temperatures below 32°F destroy the cell structure of the produce and cause it to bleed and go limp.
- Temperatures above 40°F cause the shelf life to be shortened drastically.
- Take extra care to maintain accurate temperatures in coolers and keep them well maintained to avoid breakdowns.
- Pay close attention during the season changes.

### FreshCut produce general cooler tips:

- The coolest place in the cooler is in the back on the lowest storage shelf (cold air drops).
- Make sure coils are cleaned on regular basis.
- Keep strip curtains in good condition and straight.
- Always keep the cooler door closed.
- Keep trips in and out of the cooler to a minimum.



## Nutrition Facts

### Serving Size: 1 cup chopped

Amount Per Serving

	Fat Calories	% Daily Value*
Calories 52		
Total Fat 0 g		
Sat Fat 0 g		
Trans Fat		
Cholesterol 0 mg		
Sodium 88mg	4%	
Total Carbohydrates 12g	9%	
Dietary Fiber 4g	14%	
Sugars 6g		
Protein 1g	3%	
Potassium 410mg	9%	
Vitamin A 153%	Vitamin C 10%	
Calcium 4%	Iron 2%	

\*Percent Daily Values are based on a 2,000-calorie diet.