



Carrot, Whole Peeled

- 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:

25 lb

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

| Calories 52 | Fat Calories |
|-------------------------|---------------|
| % Daily Value* | |
| 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.