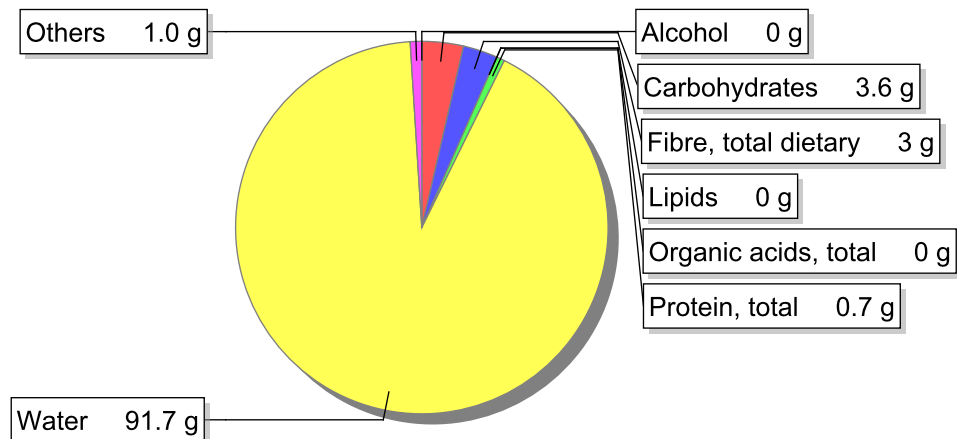


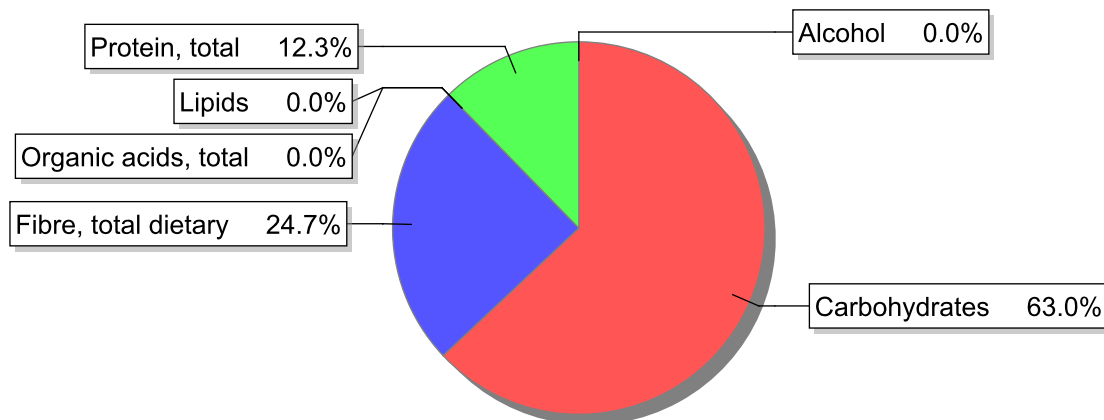
Food

Name: Carrot, boiled
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 100%
Code: IS601
FoodEX2 Code: A00QH

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	23	kcal	
energy kJ, total metabolisable	97	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	3.3	g	
sucrose	1.3	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.1	g	
fibre, total dietary	3	g	
protein, total	0.7	g	
alcohol	0	g	
water	91.7	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	963	µg	
carotene, total (vitamin A precursors)	5780	µg	
vitamin D	0	µg	
alpha-tocopherol	0.5	mg	
thiamin	0.04	mg	
riboflavin	0.02	mg	
niacin, preformed	0.7	mg	
niacin equivalents, total	0.8	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.06	mg	
vitamin B-12	0	µg	
vitamin C	2	mg	
folate, total	16	µg	
iodide	1.7	µg	1140
sodium	140	mg	
potassium	220	mg	
calcium	45	mg	
phosphorus	34	mg	
magnesium	6	mg	
iron, total	0.6	mg	
zinc	0.1	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
1140	TDS_Iodo_INSA_LAB_2