

**Food ID:** D039**Food name and Description:** Carrot**Scientific name:** *Daucus carota***Alternate/Common name(s):** Karot**Edible portion:** 79%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	89.1
Energy, calculated (kcal)	42
Protein (g)	1.1
Total Fat (g)	0.3
Carbohydrate, total (g)	8.6
Ash, total (g)	0.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.6
Sugars, total (g)	4.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	25
Phosphorus, P (mg)	31
Iron, Fe (mg)	0.2
Potassium, K (mg)	306
Sodium, Na (mg)	26
Zinc, Zn (mg)	0.3

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	9951
Retinol Activity Equivalent, RAE (µg)	829
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.05
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0.04
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.02
Oleic , C18:1 (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.15
Linoleic, C18:2 (g)	0.14
Linolenic, C18:3 (g)	0
Cholesterol (mg)	0