



Food ID: D040

Food name and Description: Carrot, boiled

Scientific name: *Daucus carota*

Alternate/Common name(s): Karot, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	89.2
Energy, calculated (kcal)	42
Protein (g)	1.1
Total Fat (g)	0.4
Carbohydrate, total (g)	8.6
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.3
Sugars, total (g)	3.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	60
Phosphorus, P (mg)	33
Iron, Fe (mg)	1.9
Sodium, Na (mg)	64

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	9300
Retinol Activity Equivalent, RAE (µg)	775
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	6

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.2
Cholesterol (mg)	0