

# Dehydrated Diced Carrots

## Nutrition Facts

40 servings per container

**Serving size** 1/4 cup (27g) dry  
(about 3/4 cup prepared)

Amount per serving

**Calories** **90**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans Fat* 0g

**Cholesterol** 0mg **0%**

**Sodium** 75mg **3%**

**Total Carbohydrate** 21g **8%**

Dietary Fiber 6g **21%**

Total Sugars 10g

Includes 0g Added Sugars **0%**

**Protein** 2g

Vitamin D 0mcg **0%**

Calcium 57mg **4%**

Iron 1mg **6%**

Potassium 686mg **15%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Dehydrated diced carrots.

### TO REHYDRATE:

1. Remove oxygen absorber and discard.
2. Cover Dehydrated Diced Carrots with boiling water, let sit 15 minutes.
3. Drain excess water, heat and serve.

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