



A nutrition Fact Sheet



Carrots

Nutrition Facts

One medium carrot has 35 calories. Carrots are a good source of vitamin A, which is necessary for eye health and vision. One-half cup of carrots provides about 200% of the recommended daily amount of vitamin A.

Storing

Carrots should be stored in the refrigerator in a plastic bag, loosely tied or knotted.

Preparing and Cooking

Preparing: Carrots should be scrubbed to remove any dirt on the outer layer. Carrots can also be peeled with a vegetable peeler after rinsing.

Baking or Roasting: Cut or slice carrots and place on a lightly oiled baking sheet. Cook at 400°F for 25 to 30 minutes or until browned and just soft.

Steaming: Cut carrots into slices and put the slices in a steamer basket. Boil an inch or two of water in a saucepan. Put the steamer basket over the boiling water. Cover the saucepan, leaving a small vent for steam to escape. Cook on medium heat for 5 to 10 minutes or until carrots are tender

Microwaving: Cut carrots into slices and place in a microwave-safe dish. Add 3 Tablespoons water. Cover and cook on high for 10 minutes. Stir once halfway through cooking time

Ways to Enjoy

- Raw carrots are great eaten plain!
- Add grated carrots to quick breads, tomato sauces, soups, and stews.
- Serve carrot slices or coins with lowfat dressing, hummus, or salsa.
- Add grated carrots to peanut butter and jelly sandwiches.

Vegetable Ribbons

Yield: 4 servings • Serving Size: ½ cup

- 1 medium zucchini, washed and ends trimmed
- 1 large carrot, peeled and ends trimmed
- 1 teaspoon olive or vegetable oil (or cooking spray)
- ¼ teaspoon pepper, dash salt (optional)

1. Using a vegetable peeler, shave the zucchini and carrot into ribbons by moving the peeler back and forth.

2. Heat the oil in a large skillet over medium heat. (Or lightly coat pan with cooking spray.)

3. Add the vegetable ribbons, stir; cover with a tight-fitting lid and cook for 2 to 3 minutes, or until vegetables are tender but not overcooked.

4. Remove from heat, add pepper and salt, if desired, and serve immediately.

Nutrition Facts	
4 servings per container	
Serving size	3/4 cup (70g)
Amount per serving	
Calories	25
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 0mg	0%
Potassium 194mg	4%

*The % Daily Value 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.

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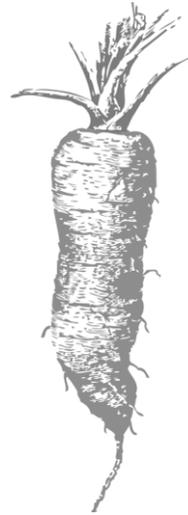
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Carrot-Raisin Salad

Yield: 7 servings • Serving Size: ½ cup

- 5-6 carrots, peeled and shredded
- ½ cup raisins
- 1 8-ounce carton low fat vanilla or plain yogurt
- 1 teaspoon cinnamon

1. Mix all ingredients together.
2. Cover and refrigerate. Serve chilled.



Savory Carrots and Squash

Yield: 4 servings • Serving Size: ¾ cup

- 2 cups carrots
- 1½ cups acorn or butternut squash
- 1 teaspoon vinegar
- 2 Tablespoons vegetable broth
- 1 teaspoon sugar
- 1½ teaspoons Dijon or spicy mustard

1. Wash, peel, and cut carrots and squash into 2 inch sticks.
2. Combine carrots and broth in saucepan. Cover and cook over medium heat about 5 minutes.
3. Add squash and cook 5 more minutes or until vegetables are just tender. Add more broth if necessary to keep from burning vegetables.
4. Stir vinegar, brown sugar, and mustard into vegetables.
5. Cook for a few minutes over medium heat until most of the liquid cooks off.

Nutrition Facts	
7 servings per container	
Serving size	1/2 cup (92g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 61mg	4%
Iron 1mg	6%
Potassium 269mg	6%
<small>*The % Daily Value 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.</small>	

Nutrition Facts	
4 servings per container	
Serving size	3/4 cup (152g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 392mg	8%
<small>*The % Daily Value 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.</small>	

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