



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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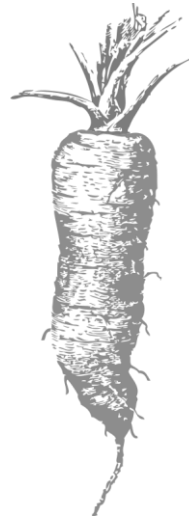
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Carrot-Raisin Salad

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.

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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%

Trans 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%

*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.

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%

Trans 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%

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