



Dehydrated Carrots



Serving Suggestion
Photo Enlarged to Show Texture

DIRECTIONS

For 1 Servings add 3 parts water to 1 part carrot. Allow Dehydrated Carrots to hydrate for about 20 minutes or until fully rehydrated.

Uses: Dehydrated Carrots can be used separately or in combination with soups, casseroles, stews, pastas and more.

Shelf-Life: Dehydrated Carrots will store for 10 to 15 years in a sealed Mylar pouch (oxygen absorber included) under ideal storage conditions (cool, dry place). Once opened, it has an average shelf life of 6 to 12 months.

INGREDIENTS

Carrots.

Allergens: None.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

Nutrition Facts

Serving Size 1/4 cup (19g)
Servings Per Container 35

Amount Per Serving

Calories 60 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 15g **5%**

Dietary Fiber 4g **16%**

Sugars 10g

Protein 1g

Vitamin A 810% • Vitamin C 20%

Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NET WT 1.5 lbs (680.4g)

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