



Carrots

Nutrition Facts

One Cup chopped (128g):

- 50 Calories
- Good source of Fiber (14%)
- Good source of Vitamin K (15%)
- Excellent source of Vitamin A (120%)
- Good source of Vitamin B6 (10%)

Dole Recipe: Carrot-Fennel Slaw

(More recipes available at Dole.com)



Serves: 8 Prep Time: 15 minutes Cook Time: 4 minutes

Ingredients:

- ¼ cup sliced almonds
- ½ cup fresh orange juice
- 3 tablespoons apple cider vinegar
- 1 tablespoon chopped fresh basil
- 1 tablespoon honey
- 1½ teaspoons orange zest
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 package (14 oz.) DOLE® Classic Coleslaw
- 1 medium fennel bulb, thinly sliced
- ½ small DOLE Red Onion, thinly sliced
- 1 cup DOLE Shredded Carrots
- ⅓ cup golden raisins
- 1 teaspoon caraway seeds

Directions:

1. Toast almonds in a large skillet over medium heat 4 minutes or until lightly browned and fragrant, stirring frequently; transfer to plate to cool.
2. Whisk orange juice, vinegar, basil, honey, orange zest, salt and pepper in a large bowl; add coleslaw, fennel, onion, carrots, raisins, caraway seeds and almonds, and toss. Makes about 8 cups.



Nutrition Facts

servings per container
Serving size **One cup (128g)**

Amount per serving
Calories 50

Calories from Saturated Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Fluoride 0mg

Total Carbohydrate 12g **4%**

Dietary Fiber 4g **14%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 1g

Vit. D 0mcg 0% • Calcium 42mg 4%

Iron 0mg 0% • Potas. 410mg 8%

Vit. A 1069mcg 120% • Vit. K 17mcg 15%

Vit. B₆ 0.2mg 10% • Copper 0.1mg 10%

Magnesium 15mg 4% • Niacin 1mg 6%

Molybdenum 6mcg 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.

Tasty Flavor Pairings for Roasted Carrots

Wash, peel and slice carrots diagonally in 1½ inch-thick slices. Toss carrots with olive oil and one of these flavor pairings. Spread carrots on a sheet pan and roast in a 400° F oven until tender.



Dill & Parsley



Maple Syrup & Cinnamon



Orange Juice & Honey



Garlic & Thyme

Research

Institutions worldwide have studied carrots and their important nutrients. Here are a few relevant studies and nutrition talking points:

Beta-carotene, a nutrient in carrots, has been linked to lower risk of pancreatic cancer.

Plasma carotenoids, vitamin C, retinol and tocopherols levels and pancreatic cancer risk within the European Prospective Investigation into Cancer and Nutrition: A nested case-control study. Suzanne M. Jeurnink et al. *International Journal of Cancer*. Volume 136, Issue 6, E665–E676, March 2015.

Eating carrots has been linked to lower risk of glaucoma.

Glaucoma risk and the consumption of fruits and vegetables among older women in the study of osteoporotic fractures. Coleman AL, Stone KL, Kodjebacheva G, Yu F, Pedula KL, Ensrud KE, Cauley JA, Hochberg MC, Topouzis F, Badala F, Mangione CM. *Am J Ophthalmol*. Volume 145, Issue 6, 1081-9, June 2008.

Eating carrots may help maintain healthy bones.

Daily intake of green and yellow vegetables is effective for maintaining bone mass in young women. Fujii H, Noda T, Sairenchi T, Muto T. *Tohoku J Exp Med*. Volume 218, Issue 2, 149-54, June 2009.

Dietary carotenoids may help improve male fertility.

Semen quality in relation to antioxidant intake in a healthy male population. Piotr Zareba, M.D., M.P.H., Daniela S. Colaci, M.D., M.Sc., Myriam Afeiche, Ph.D., M.P.H., Audrey J. Gaskins, B.S.E., Niels Jørgensen, M.D., Ph.D., Jaime Mendiola, Ph.D., M.P.H., Shanna H. Swan, Ph.D., Jorge E. Chavarro, M.D., Sc.D. *Fertility and Sterility*. Volume 100, Issue 6, 1572–1579, December 2013.

Eating carrots has been linked to a lower risk of breast cancer.

Fruit and Vegetable Intake in Relation to Risk of Breast Cancer in the Black Women's Health Study. Deborah A. Boggs, Julie R. Palmer, Lauren A. Wise, Donna Spiegelman, Meir J. Stampfer, Lucile L. Adams-Campbell and Lynn Rosenberg. *Am. J. Epidemiol*. Volume 172, Issue 11, 1268-1279, December 2010.

Tweets

Tip: raw #carrots make a crunchy & tasty snack while cooking carrots brings out their sweetness and helps enhance carotenoid absorption

What's your favorite dip to eat with #carrots?

#DYK two medium carrots are a good source of vitamin K? Crunch into carrots to get this nutrient

#Carrots come in a variety of colors. Look for orange, purple, red, white and yellow varieties to use in recipes

Observances

February 3: National Carrot Cake Day

April 4: International Carrot Day

