



Carrot, Matchstick

- Scientific Name: *Daucus carota* ssp. *sativus*
- Outside Coloring: Orange
- Phytochemical: Rich in beta-carotene
- Description: Sweet taste, orange in color, very firm and crunchy

Purchasing Specifications

Availability:

Year round

Pack Size:

- 4/5 lb
- 1/8" x 3" on average

FreshCut produce general cold-chain management:

- Regardless of the greatness of our quality... if the cold chain is broken, it destroys the integrity of our produce.
- Temperatures below 32°F destroy the cell structure of the produce and cause it to bleed and go limp.
- Temperatures above 40°F cause the shelf life to be shortened drastically.
- Take extra care to maintain accurate temperatures in coolers and keep them well maintained to avoid breakdowns.
- Pay close attention during the season changes.

FreshCut produce general cooler tips:

- The coolest place in the cooler is in the back on the lowest storage shelf (cold air drops).
- Make sure coils are cleaned on regular basis.
- Keep strip curtains in good condition and straight.
- Always keep the cooler door closed.
- Keep trips in and out of the cooler to a minimum.



Nutrition Facts

Serving Size: 1 cup chopped

Amount Per Serving

Calories 52	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 88mg	4%
Total Carbohydrates 12g	9%
Dietary Fiber 4g	14%
Sugars 6g	
Protein 1g	3%
Potassium 410mg	9%
Vitamin A 153%	Vitamin C 10%
Calcium 4%	Iron 2%

*Percent Daily Values are based on a 2,000-calorie diet.