



# Carrot, Rainbow Peeled Baby

## Purchasing Specifications

### Availability:

Year round

### Pack Size:

- 5 lb

### 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.



- Scientific Name: *Daucus carota ssp. sativus*
- Usage: Excellent for eating out of hand, cooked, and baked.
- Colors can be a combination of: white, purple, orange, or yellow
- Phytochemical: Rich in beta-carotene
- Shape: Round and cylindrical
- Skin Texture: Smooth texture, may contain fine hairs
- Flesh Description: Sweet taste, orange in color, very firm and crunchy
- Taste: Sweet, crunchy taste

## 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.