

Fun Food Facts

Short Cut Carrots

Nutrition Facts

Serving Size

1 cup, chopped (128.0 g)

Amount Per Serving

Calories 52

Calories from Fat 3

% Daily Value*

Total Fat 0.3g 0%

Saturated Fat 0.0g 0%

Trans Fat 0.0g

Polyunsaturated Fat 0.1g

Monounsaturated Fat 0.0g

Cholesterol 0mg 0%

Sodium 88mg 4%

Total Carbohydrates 12.3g 4%

Dietary Fiber 3.6g 14%

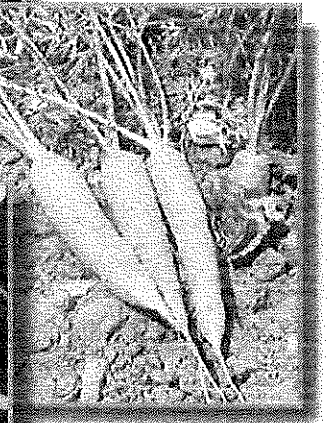
Sugars 6.1g

Protein 1.2g

Vitamin A 428% • Vitamin C 13%

Calcium 4% • Iron 2%

* Based on a 2000 calorie diet



Did You Know?

Short-cut are made using the larger crooked or deformed carrots which are put through a machine which cuts and shapes them into cocktail carrots.

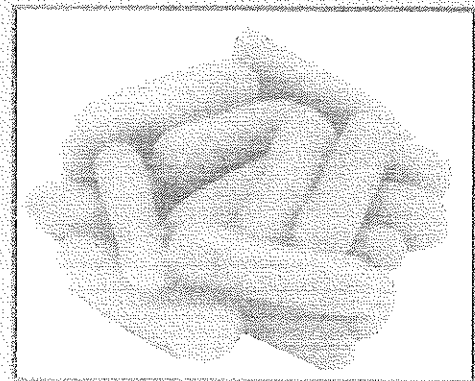
Fun Carrot Facts

Carrots have been garden-grown for nearly 2,000 years.

Historians believe carrots originally came from Afghanistan.

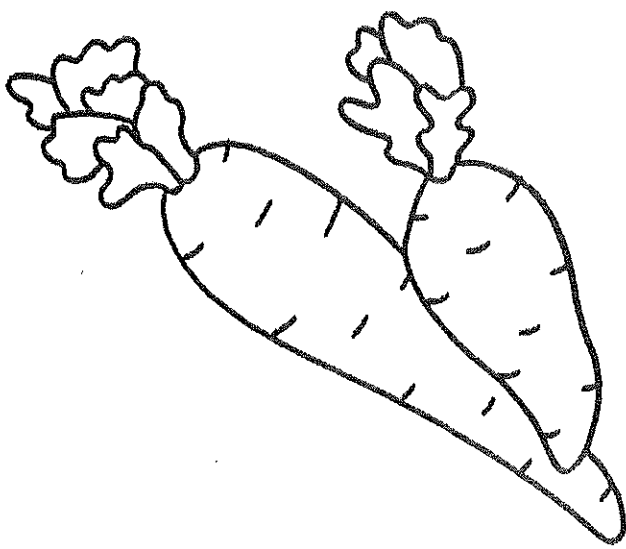
The Greeks reportedly used carrot leaves to treat cancer.

Carrots grow from small finger-size carrots to foot-long garden carrots.

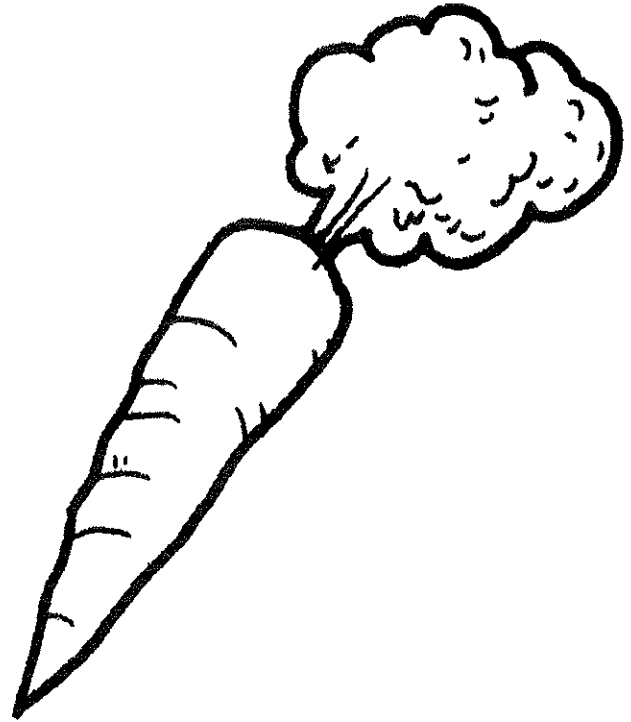


CLASSROOM

Activity



*Color these Carrots carefully -
make sure you stay in the lines!*



Kid Friendly Recipe

Honey-Glazed Carrots

Ingredients

1 1/2 quarts water
5 cups thinly sliced carrots
3 tablespoons chopped fresh parsley
2 tablespoons honey
1/2 teaspoon salt
1/2 teaspoon grated orange rind
1/4 teaspoon freshly ground black pepper

Directions

Bring water to a boil in a medium saucepan. Add carrots; cook for 20 minutes or until tender. Drain well. Place carrots and remaining ingredients in a large bowl; toss gently.

