

Stir Fried Carrots

Nutrition Facts

Serving Size 1/2 Cup (83g)

Servings Per Container 1

Amount Per Serving

Calories 96 **Calories From Fat** 63

		% Daily Value*
Total Fat	7g	11%
Saturated Fat	1g	5%
Trans Fat	<1 g	0%
Cholesterol	<1g	0%
Sodium	122mg	5%
Total Carbohydrate	7g	2%
Dietary Fiber	2g	7%
Sugars	4g	

Protein 2g

Vitamin A 189% ● Vitamin C 10%

Calcium 3% ● 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	

Ingredients: Carrots; Peanuts; Lime Juice; Olive Oil; Liquid Margarine (Liquid Soybean Oil, Water, Salt, Hydrogenated Soybean and/or Cottonseed Oil, Vegetable Mono- and Diglycerides, Soy Lecithin, Potassium Sorbate, Citric Acid, Artificial Flavor, Beta Carotene, Vitamin A Palmitate); Crushed Red Pepper; Kosher Salt; Black Pepper.

Allergy Information: Peanuts, Soybeans