

Health benefits of Carrots

- Sweet and crunchy carrots are notably rich in anti-oxidants, vitamins and dietary fiber..
- They are exceptionally rich source of **carotenes and vitamin-A..**
- Carrots are rich in **poly-acetylene antioxidant, falcarinol.**
- Fresh roots are also good in vitamin C.
- In addition, they are especially rich in many B-complex groups of vitamins such as folic acid, vitamin B-6 (pyridoxine), thiamin, pantothenic acid, etc., that acts as co-factors to enzymes during substrate metabolism in the body.
- Further, They also compose healthy levels of minerals like copper, calcium, potassium, manganese and phosphorus.

Principle	Nutrient Value	Percentage of RDA
Energy	41 Kcal	2%
Carbohydrates	9.58 g	7%
Protein	0.93 g	1.5%
Total Fat	0.24 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	2.8 g	7%
Vitamin A	16706 IU	557%
Vitamin C	5.9 mg	10%
Vitamin K	13.2 µg	11%
Calcium	33 mg	3%
Copper	0.045 mg	5%
Iron	0.30 mg	4%
Magnesium	12 mg	3%
Manganese	0.143 mg	6%
Phosphorus	35 mg	5%
Selenium	0.1 µg	<1%
Zinc	0.24 mg	2%