



# Foodservice - Carrot Nutrition & Offerings

- Always refrigerate immediately - never break the "cold chain"
- Ideal storage temperature/atmosphere: 34° to 36° F, 98 to 100% humidity
- Store away from ethylene-producing fruits (avocados, apples & bananas)
- Whitening of carrots is due to natural dryness; a quick ice water bath will freshen and restore color
- Rotate stock on a first in/first out basis

## Snacking Carrots

### Bunny Luv Baby Carrots

Pack Sizes Available:

200/1 oz

50/2 oz

100/2 oz



### Carroteenies®

Pack Sizes Available:

100/1.3 oz

200/1.3 oz

200/1.6 oz

100/2.6 oz



### Carrot Crisps

Pack Sizes Available:

200/1.6 oz



### Grimmway Baby Carrots

Pack Sizes Available:

72/3 oz

100/3 oz



### Carrot Dippers

Pack Sizes Available:

75/2.5 oz



| Amount Per Serving | 1 oz  | 1.3 oz | 1.6 oz | 2 oz  | 2.6 oz | 3 oz  | Dipper |
|--------------------|-------|--------|--------|-------|--------|-------|--------|
| Calories           | 10    | 13     | 15     | 20    | 30     | 35    | 50     |
| Total Fat          | 0 g   | 0 g    | 0 g    | 0 g   | 0 g    | 0 g   | 3 g    |
| Saturated Fat      | 0 g   | 0 g    | 0 g    | 0 g   | 0 g    | 0 g   | 0 g    |
| Cholesterol        | 0 g   | 0 g    | 0 g    | 0 g   | 0 g    | 0 g   | < 5 g  |
| Sodium             | 20 mg | 29 mg  | 35 mg  | 45 mg | 55 mg  | 65 mg | 160 mg |
| Total Carbohydrate | 3 g   | 3 g    | 4 g    | 5 g   | 7 g    | 8 g   | 6 g    |
| Dietary Fiber      | < 1 g | 1 g    | 1 g    | 1 g   | 2 g    | 2 g   | 2 g    |
| Sugars             | 2 g   | 2 g    | 3 g    | 4 g   | 5 g    | 5 g   | 4 g    |
| Protein            | 0 g   | 0 g    | 0 g    | 0 g   | < 1 g  | 1 g   | < 1 g  |
| Vitamin A          | 40%   | 50%    | 60%    | 80%   | 100%   | 120%  | 80%    |



*Perfect for school or office lunches, travel, picnics and other grab-and-go occasions.*

- Convenient snack-size packs
- Washed and ready to eat
- No preservatives
- Cholesterol free and low in calories
- Extended shelf life by using the best raw materials
- Excellent source of Vitamin A in the form of beta carotene

## Processed Carrots

| Amount Per Serving | Serving Size<br>3 oz (85 g) |
|--------------------|-----------------------------|
| Calories           | 35                          |
| Total Fat          | 0 g                         |
| Saturated Fat      | 0 g                         |
| Cholesterol        | 0 g                         |
| Sodium             | 65 mg                       |
| Total Carbohydrate | 8 g                         |
| Dietary Fiber      | 2 g                         |
| Sugars             | 5 g                         |
| Protein            | 1 g                         |
| Vitamin A          | 120%                        |

### Baby Carrots

Pack Sizes Available:

2/5lb

4/5lb



### Organic Rainbow Baby

Pack Sizes Available:

2/5lb

4/5lb



### Crinkle Cut Coins

Pack Sizes Available:

2/5lb

4/5lb



### Coin Cut Carrots

Pack Sizes Available:

2/5lb

4/5lb



### Carrot Chips

Pack Sizes Available:

2/5lb

4/5lb



### Bias Cut Sliced

Pack Sizes Available:

2/5lb

4/5lb



### Diced Carrots

Pack Sizes Available:

2/5lb

4/5lb



### Carrot Sticks

Pack Sizes Available:

2/5lb

4/5lb



### Carrot Sticks - Brick Pack

Pack Sizes Available:

2/5lb

4/5lb



### Med. Shred (1/16")

Pack Sizes Available:

2/5lb

4/5lb



### Matchstick (1/8")

Pack Sizes Available:

2/5lb

4/5lb



### Julienne Shred

Pack Sizes Available:

4/5lb



### Rainbow Julienne

Pack Sizes Available:

4/5lb



### Rainbow Shred

Pack Sizes Available:

2/5lb

4/5lb



### 2" & 4" Chunk Carrots

Pack Sizes Available:

25 - 50 lb



Sales: 661.845.9435 ~ [www.grimmway.com](http://www.grimmway.com)

