

Carrots



Cheetos

Nutrition Facts

Serving Size: 1 cup chopped

Amount Per Serving

Calories 52

% Daily Value*

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 88 mg 4%

Potassium 409 mg 12%

Total Carbohydrate 12 g 4%

Dietary Fiber 4 g 14%

Sugars 6 g

Protein 1 g

Vitamin A 430%

Vitamin C 13%

Calcium 4%

Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size: 1 cup

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 11 g 17%

Saturated Fat 1.5 g 8%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 250 mg 10%

Potassium 180 mg 5%

Total Carbohydrate 13 g 4%

Dietary Fiber 0 g 0%

Sugars 0 g

Protein 1 g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.