



DIRECTIONS:

1. Add 1/3 cup carrots to 3/4 cup of water.
2. Cover and simmer for 15 minutes.
3. Season to taste.

One pound dry = 8 pounds of fresh.

INGREDIENTS: Diced dehydrated carrots.

SHELF LIFE: Best when stored in a cool dry place at temperatures between 55 and 70 degrees F.

Sealed to 25 years • Opened to 1 year

Please note: heat, moisture, oxygen and light will deteriorate this product if not stored properly.

DICED CARROTS

Shelf life estimates are based on industry studies from sources deemed reputable. Since Harveston Farms™ has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

AFTER OPENING: Reseal unused contents with plastic resealable lid. Refrigerate reconstituted items in an airtight container.

An oxygen absorbing packet is enclosed to preserve freshness. Please remove and discard when opening can.

This package is sold by weight, not volume. Some settling may have occurred due to shipping, handling or variation in product density.

Processed in a plant that handles wheat, eggs, dairy, soy, peanut and tree nuts.

Date opened _____

DH3-0811



NET WT 2 LB 6.0 OZ (1.07 kg)

Nutrition Facts

Serving Size 1/3 cup (39g)
 Servings Per Container 27

Amount Per Serving

Calories 130 Calories from Fat 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 105mg **4%**

Total Carbohydrate 31g **10%**

Dietary Fiber 3g **13%**

Sugars 20g

Protein 3g

Vitamin A 840% • Vitamin C 45%

Calcium 8% • Iron 8%

*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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram: Fat 9 Carbs 4 Protein 4



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 Heber Utah 84032
 877-734-3447

www.harvestonfarms.com