

Table 1 Nutritional composition of fresh carrot per 100 g¹⁴⁻¹⁸.

Proximate composition	Amount	Carbohydrates	Amount
Water (g)	86 – 89	Carbohydrate, by difference (g)	7.45 – 9.58
Energy (kcal)	35.29 – 41	Fiber, total dietary (g)	2.8
Protein (g)	0.93 – 1.26	Total Sugars (g)	4.74
Total lipid (g)	0.24 – 0.27	Sucrose (g)	3.59
Ash (g)	0.84 – 0.97	Glucose (g)	0.59
Fat (g)	0.05 – 0.2	Fructose (g)	0.55
Fiber (g)	1.2 – 2.4	Starch (g)	1.43
Total solids (%)	10.6 – 11.3	Amino acids	
Total soluble solids (%)	9.0 – 10.4	Tryptophan (g)	0.012
Acidity (%)	0.04 – 0.06	Threonine (g)	0.191
pH	6.5 – 6.6	Isoleucine (g)	0.077
Vitamins and other components		Leucine (g)	0.102
Ascorbic acid (mg)	2.3 – 15.33	Lysine (g)	0.101
Thiamin (mg)	0.066	Methionine (g)	0.02
Riboflavin (mg)	0.058	Cystine (g)	0.083
Niacin (mg)	0.983	Phenylalanine (g)	0.061
Pantothenic acid (mg)	0.273	Tyrosine (g)	0.043
Vitamin B ₆ (mg)	0.138	Valine (g)	0.069
Folate (μg)	19	Lipids	
Choline (mg)	8.8	Fatty acids, total saturated (g)	0.032
Betaine (mg)	0.4	Fatty acids, total monounsaturated (g)	0.012
Vitamin A (μg)	835	Fatty acids, total polyunsaturated (g)	0.102
Beta-carotene (μg)	5650–8285	Minerals	
Alpha-carotene (μg)	2425–3767	Magnesium (mg)	9 – 12
Vitamin K (μg)	13.2	Phosphorus (mg)	25 – 280
Lycopene (μg)	1000	Potassium (mg)	240 – 320
Lutein (μg)	149 – 313	Sodium (mg)	40 – 69
Anthocyanins (mg)	1.5 – 126	Calcium (mg)	2 – 80

