

Nutrition Facts

Serving size 1/4 pound carrot fries & 1/4 cup dip

Amount Per Serving

Calories **160**

% Daily Value*

Total Fat 8g	10%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 2g	
Cholesterol 5mg	2%
Sodium 690mg	30%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 114mg	8%
Iron 0.7mg	4%
Potassium 3.0 mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.