

1/25/16

Honey Coated Carrots Net Wt. 24oz (680g) UPC # 4656768231

Carrots coated with pure white clover honey, butter and orange zest.

<b>Nutrition Facts</b>	
Serving Size 1/2 Cup (110g)	
Servings Per Container About 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 90	Calories from Fat 25
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 5g	
<b>Protein</b> 1g	
Vitamin A 330% • Vitamin C 10%	
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:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: CARROTS, HONEY, UNSALTED BUTTER (cream [milk], natural flavors), ORANGE PEEL (orange peel, water, citric acid), PARSLEY.

Contains Milk.

**Heating Instructions:**

MICROWAVE: Puncture film in 4 places, microwave for 7 minutes. Let rest for 1 minute. Remove film, stir until the carrots are evenly coated with honey and butter.

BAKE: Preheat oven to 325°F degrees. Remove film and cover the tray with foil. Place the tray on a baking sheet and bake for 20 minutes. Let rest for 1 minute. Stir until the carrots are evenly coated with honey and butter.

**CAUTION: CONTENTS ARE HOT**

Note: the power of microwave ovens varies. You may have to adjust cooking time. Refrigerate or discard leftovers immediately.

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