Nutritional Value Organic Carrot Fresh Containing Beta-Carotene , Dietary Fiber Fresh Vegetable, Flesh thick

Specifications :

Price	US $300 - $700 / Metric Ton
Brand Name	Carrots
Model Number	C110
Place of Origin	Shandong/Henan China (Mainland)
Min.Order Quantity	1 Carton
Payment Terms	T/T with 30% before production, 70% balance before delivery; L/C
Supply Ability	Supply four seasons, all the year round.280 Metric Ton/ Metric Tons per Month
Delivery Detail	around 7 days after receipt of 30% deposit
Packaging Details	10kg/ctn with PE inner bag
Type	Carrot
Style	Fresh
Product Type	Umbelliferous Vegetables
Color	red-orange
Size	19cm
Weight	0.075kg

Detail Introduction :

Nutritional Value Organic Carrot Fresh Containing Beta-Carotene , Dietary Fiber Fresh Vegetable, Flesh thick

Quick Detail:

Type: Carrot
Style: Fresh
Product Type: Umbelliferous Vegetabless
Variety: 316 HeiTian5 HongYing2
Cultivation Type: Organic
Color: Red
Size (cm): 19
Certification: ISO 9001, SGS, HACCP, GLOBAL GAP
Weight(kg): 0.075

Place of Origin: Shandong China (Mainland)
Brand Name: Carrots
Model Number: S M L 2L 3L
Subject: Apiaceae
Planting Season: Two Crops A Year
Supply Period: all the year round
Appearance: Round Head, Round Tail, Bar Straight
3Red: ruddy scarfskin, ruddy carrot pulp, ruddy carrot core
Organic Food: No residual pesticide
Store: A temperature range of 32 to 40°F (0 to 5°C) is best.
Retention Period: 6 months
Customs Code: 0706100001
Tax rebate: 0%

Description:

Daucus carota nutrition product red fresh carrot new in Asia market Daucus Carota

Name	Nutritional Value Organic Carrot Fresh Containing Beta-Carotene , Dietary Fiber Fresh Vegetable, Flesh thick
Color	bright red-orange
Feature	Washed and polished, intact, firm, good uniformity with outer big cracks or violet top and no side roots.
Size	S: 80g-150g, M: 150g-200g, L: 200g-250g, 2L: 250g-300g 3L: 300-350g, and up
Packing	Inner packing: PE preservative bags Outer packing: 10kg carton, 20kg carton Or according to the customers' requirements
Conveyance	26-21 MT/40’ reefer container, packing: carton 26-32 MT/40’ reefer container, packing: mesh bag
Certificate	ISO 9001, SGS, HACCP, GLOBAL GAP
Origin	Shandong/Henan China (Mainland)
Shipment port	Qingdao port, North China
Supply capacity	Supply four seasons, all the year round. 280 Metric Ton/ Metric Tons per Month
Supply Period	1. All the year round. 2. Fresh season: from Feb. to Apr., from May to July, from Nov. to Dec. 3. Cold storage season: from August to November
Min. Order	1*20 metric tons

Terms of payment	T/T with 30% before production, 70% balance before delivery; L/C
Delivery time	around 7 days after receipt of 30% deposit
Advantages	1. We have our own production base with factory & guarantee the quality. 2. We have enough supply ability. 3. We can supply more competitive price and service.

Carrots nutrition facts

Naturally sweet, delicious and crunchy, carrots are healthy additions you can make to the vegetable list in your diet. Indeed, these root vegetables come with wholesome health benefiting compounds such as beta-carotenes, vitamin A, minerals and anti-oxidants in ample amounts.

Health benefits of carrots

? Sweet and succulent carrots are notably rich in anti-oxidants, vitamins and dietary fiber; however, they provide only 41 calories per 100 g, negligible amount of fat and no cholesterol.
? They are exceptionally rich source of carotenes and vitamin-A. 100 g fresh carrot contains 8285 µg ofbeta-carotene and 16706 IU of vitamin A. Studies have found that flavonoid compounds in carrots help protect from skin, lung and oral cavity cancers.
? Carotenes are converted into vitamin A in the liver. Beta-carotene is the major carotene that is present in these roots. Beta carotene is one of the powerful natural anti-oxidant helps protect body from harmful oxygen-free radical injury. In addition, it also has all the functions of vitamin A such as vision, reproduction (sperm production), maintenance of epithelial integrity, growth and development.
? Carrots are rich in poly-acetylene antioxidant falcarinol. Research study conducted by scientists at University of Newcastle on laboratory animals has found that falcarinol in carrots may help fight against cancers by destroying pre-cancerous cells in the tumors.
? Fresh roots are also good in vitamin C; provide about 9% of RDA. Vitamin C is water soluble anti-oxidant. It helps the body maintain healthy connective tissue, teeth and gum. Its anti-oxidant property helps the body protect from diseases and cancers by scavenging harmful free radicals.
? In addition, this root vegetable is especially rich in many B-complex groups of vitamins such as folic acid, vitamin B-6 (pyridoxine), thiamin, pantothenic acid, etc., that acts as co-factors to enzymes during substrate metabolism in the body.
? Further, They also compose healthy levels of minerals like copper, calcium, potassium, manganese and phosphorus. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure by countering effects of sodium. Manganese is used by the body as a co-factor for the antioxidant enzyme, superoxide dismutase.

Nutrition

Most carrot cultivars are about 88% water, 7% sugar, 1% protein, 1% fibre, 1% ash, and 0.2% fat. The fibre comprises mostly cellulose, with smaller proportions of hemicellulose and lignin. Carrots contain almost no starch. Free sugars in carrot include sucrose, glucose, xylose and fructose. Nitrite and nitrate contents are about 40 and 0.41 milligrams per 100 grams (fresh), respectively. Most of the taste of the vegetable is due to glutamic acid and

other free amino acids. Other acids present in trace amounts include succinic acid, ?-ketoglutaric acid, lactic acid and glycolic acid; the major phenolic acid is caffeic acid.
The carrot gets its characteristic and bright orange colour from ?-carotene, and lesser amounts of ?-carotene and ?-carotene. ? and ?-carotenes are partly metabolised into vitamin A in humans. ?-carotene is the predominant carotenoid, although there are lesser amounts of ?-carotene and ?-carotene. There are typically between 6000 and 54,000 micrograms of carotenoids per 100 grams of carrot root. Carrot extracts are used by poultry producers to improve animal skin and alter the colour of egg yolk. Massive overconsumption of carrots can cause carotenosis, a benign condition in which the skin turns orange. Carrots are also rich in antioxidants and minerals. Ethnomedically, the roots are used to as an emmenagogue (to increase blood flow in the pelvic area and uterus), a carminative (to reduce flatulence), to treat digestive problems, intestinal parasites, and tonsillitis or constipation.
Lack of vitamin A can cause poor vision, including night vision, and these can be restored by adding vitamin A to the diet. An urban legend states that eating large quantities of carrots will allow one to see in the dark. This myth developed from stories about British gunners in World War II, who were able to shoot down German planes at night. The rumour arose during the Battle of Britain when the RAF circulated a story about their pilots' carrot consumption in an attempt to cover up the discovery and effective use of radar technologies in engaging enemy planes, as well as the use of red light (which does not destroy night vision) in aircraft instruments. It reinforced existing German beliefs, and helped to encourage Britons who were trying to improve their night vision during the blackout to grow and eat the vegetable, which was not rationed like most other foodstuffs. A "Dr. Carrot" advertising campaign encouraged its consumption.

Carrots, raw	
Nutritional value per 100 g (3.5 oz)	
Energy	173 kJ (41 kcal)
Carbohydrates	9.6 g
- Sugars	4.7 g
- Dietary fibre	2.8 g
Fat	0.24 g
Protein	0.93 g
Vitamin A equiv.	835 ?g (104%)
- beta-carotene	8285 ?g (77%)
- lutein and zeaxanthin	256 ?g
Thiamine (vit. B1)	0.066 mg (6%)
Riboflavin (vit. B2)	0.058 mg (5%)
Niacin (vit. B3)	0.983 mg (7%)
Pantothenic acid (B5)	0.273 mg (5%)
Vitamin B6	0.138 mg (11%)
Folate (vit. B9)	19 ?g (5%)
Vitamin C	5.9 mg (7%)

Vitamin E	0.66 mg (4%)
Calcium	33 mg (3%)
Iron	0.3 mg (2%)
Magnesium	12 mg (3%)
Manganese	0.143 mg (7%)
Phosphorus	35 mg (5%)
Potassium	320 mg (7%)
Sodium	69 mg (5%)
Zinc	0.24 mg (3%)
Fluoride	3.2 µg

See the table below for in depth analysis of nutrients: Carrots (Daucus carota), Fresh, raw, Nutrition value per 100 g. Total- ORAC value 666 umol TE/100 g.		
Principle	Nutrient Value	Percentage of RDA
Energy	41 Kcal	2%
Carbohydrates	9.58 g	7%
Protein	0.93 g	1.5%
Total Fat	0.24 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	2.8 g	7%
Vitamins		
Folates	19 µg	5%
Niacin	0.983 mg	6%
Pantothenic acid	0.273 mg	5.5%
Pyridoxine	0.138 mg	10%
Riboflavin	0.058 mg	4%
Thiamin	0.066 mg	6%
Vitamin A	16706 IU	557%
Vitamin C	5.9 mg	10%

Vitamin K	13.2 µg	11%
Electrolytes		
Sodium	69 mg	4.5%
Potassium	320 mg	6.5%
Minerals		
Calcium	33 mg	3%
Copper	0.045 mg	5%
Iron	0.30 mg	4%
Magnesium	12 mg	3%
Manganese	0.143 mg	6%
Phosphorus	35 mg	5%
Selenium	0.1 µg	<1%
Zinc	0.24 mg	2%
Phyto-nutrients		
Carotene-?	3427 µg	--
Carotene-ß	8285 µg	--
Crypto-xanthin-ß	0 µg	--
Lutein-zeaxanthin	256 µg	--

Storage

Carrots can be stored for several months in the refrigerator or over winter in a moist, cool place. For long term storage, unwashed carrots can be placed in a bucket between layers of sand, a 50/50 mix of sand and wood shavings, or in soil. A temperature range of 32 to 40°F (0 to 5°C) is best.

Selection and storage

Fresh carrots are available in the markets around the season. While buying, look for young, tender, bright-colored roots with firm consistency. Avoid soft, flabby roots, with cuts or mold. Furthermore, avoid very large-sized roots as they indicate over maturity; resulting in their poor eating quality.
Excessive sun light exposure of the root aboveground level would result in greenish discoloration near the top end due to chlorophyll photo-pigment deposition. Although this may not affect health badly, however, it depletes sweet taste of the roots. Forking or twisted carrots may be the indication of either disease infestation or close crop cultivation.

Once at home, wash them thoroughly in water to remove dust, soil, or insecticide/fungicides. Generally, the top greens are trimmed from the root and stored in the vegetable compartment of the refrigerator where they keep well for 1-2 weeks. Set refrigerator temperature level below 35 degree F and high humidity to maintain vitality.

Preparation and serving methods

Wash carrots thoroughly before use. Trim both ends; gently scrape off outer skin and smaller hairy roots. The younger roots have crispy, pleasant taste, and rich flavor. Raw carrots are naturally sweet and juicy; however, boiling them in water for few minutes enriches their flavor and enhances the bioavailability of nutrients.

Here are some serving tips:

? Fresh carrots can be enjoyed as they are, or can be used raw in vegetable as well as fruit salads.
? Slices mixed with other root vegetables like radish,beets, tomato, kohlrabi or with greens in mixed salads.
? Carrot juice is a refreshing drink, enjoyed either alone or with fruit juice.
? Carrots blend well with vegetables like green beans, potato, peas in variety of recipes either stewed, in curry, stir fries, etc.
? In South Asia, delicious sweet dish, "gaajar ka halwa," is prepared using grated carrot, almonds, cashews,pistachio, butter, sugar, and milk.
? The root is also used in the preparation of cakes, tart, pudding, soups, borscht, etc.
? They are also used in the preparation of healthy baby-foods.

Applications:

Methods of consumption and uses

Carrots can be eaten in a variety of ways. Only 3% of the ?-carotene in raw carrots is released during digestion: this can be improved to 39% by pulping, cooking and adding cooking oil. Alternatively they may be chopped and boiled, fried or steamed, and cooked in soups and stews, as well as baby and pet foods. A well-known dish is carrots julienne. Together with onion and celery, carrots are one of the primary vegetables used in a mirepoix to make various broths.
The greens are edible as a leaf vegetable, but are only occasionally eaten by humans; some sources suggest that the greens contain toxic alkaloids. When used for this purpose, they are harvested young in high-density plantings, before significant root development, and typically used stir-fried, or in salads. Some people are allergic to carrots. In a 2010 study on the prevalence of food allergies in Europe, 3.6 percent of young adults showed some degree of sensitivity to carrots. Because the major carrot allergen, the protein Dauc c 1.0104, is cross-reactive with homologues in birch pollen (Bet v 1) and mugwort pollen (Art v 1), most carrot allergy sufferers are also allergic to pollen from these plants.
In India carrots are used in a variety of ways, as salads or as vegetables added to spicy rice or daal dishes. A popular variation in north India is the Gajar Ka Halwa carrot dessert, which has carrots grated and cooked in milk until the whole mixture is solid, after which nuts and butter are added. Carrot salads are usually made with grated carrots in western parts with a seasoning of mustard seeds and green chillies popped in hot oil, while adding carrots to rice usually is in julienne shape.
The variety of carrot found in north India is rare everywhere except in Central Asia and other contiguous regions, and is now growing in popularity in larger cosmopolitan cities in South India. The north Indian carrot is pink-red comparable to plum or raspberry or deep red apple in colour (without a touch of yellow or blue) while most other carrot varieties in the world vary from orange to yellow in colour, comparable to hallowe'en pumpkins.

Since the late 1980s, baby carrots or mini-carrots (carrots that have been peeled and cut into uniform cylinders) have been a popular ready-to-eat snack food available in many supermarkets. Carrots are puréed and used as baby food, dehydrated to make chips, flakes, and powder, and thinly sliced and deep-fried, like potato chips. The sweetness of carrots allows the vegetable to be used in some fruit-like roles. Grated carrots are used in carrot cakes, as well as carrot puddings, an old English dish thought to have originated in the early 19th century. Carrots can also be used alone or with fruits in jam and preserves. Carrot juice is also widely marketed, especially as a health drink, either stand-alone or blended with fruits and other vegetables.

Specifications:

Daucus carota nutrition product red fresh carrot new in Asia market Daucus Carota
1. Own carrots production base.
2. Over 5 years experience
3. New crop fresh carrots
4. ISO 9001, SGS, HACCP, GLOBAL GAP

Competitive Advantage:

1. We have our own production base with factory & guarantee the quality.
2. We have enough supply ability
3. We can supply more competitive price and service