



29
SERVINGS



**SHELF LIFE UP TO
25 YEARS**

Certified



Gluten-Free

**Shelf Life: Best when stored
in a cool dry place at
temperatures between 55° and
70° F (ideal humidity 15%).**

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

FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Dehydrated Diced Carrots

Nutrition Facts

Serving Size: 1/3 Cup (36g dry)
Servings Per Container: 29

Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 19g	
Protein 3g	
Vitamin A 780%	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	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

DIRECTIONS:

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

1/3 cup dry carrots + 3/4 cup water = 1 cup fresh carrots.

INGREDIENTS: Diced dehydrated carrots.

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