

Carrot *Daucus carota*



Other names	Daucon
Description	The part of the carrot most commonly eaten by modern man is the thin tapering orange taproot, though the leaves are also edible. Carrots from the <i>Umbelliferae</i> family are closely related to parsley, fennel, dill & cumin, and were originally cultivated for their leaves and seeds. Carrots are biennial with the flowerheads & seeds only appearing in the second year.
Part/s used	Root
Nutrients	Best known for its high Vitamin A content (100g of carrot provides at least 93% of the recommended daily dose of for adults), carrots are also a rich source of Vitamin C. They are also known to be a good source of magnesium, potassium, B complex vitamins as well as a form of calcium that is well absorbed by the body
Phytochemicals	The carrot gets its characteristic and bright orange colour from beta-carotene, which is metabolized into Vitamin A in humans when bile salts are present in the intestines. Also contains alpha carotene, flavonoids, monoterpenoids, furanocoumarins, apigenin and luteolin.
Medicinal properties	The beta-carotene in carrot is a well known building block of good eye health. Carrot in juice form is a known blood purifier and can prevent diarrhea and aid digestion, especially in combination with the juice of beetroot. Carrots are known to provide therapeutic relief from asthma, anxiety and skin disorders.
Other facts	Like all root vegetables, carrots are the most highly prone to pesticide residue and other chemicals, especially nitrates, so organic carrot is always best whenever possible. Most of the nutrition in the carrot is close to the surface and often peeled away. The original carrot roots were purple and in the 16 th & 17 th centuries, the flowers and leaves were highly prized hat adornments!

Carrot, raw Nutritional value per 100 g (3.5 oz)	
Energy 40 kcal 170 kJ	
Carbohydrates	9 g
- Sugars	5 g
Fat	0.2 g
Protein	1 g
Vitamin A equiv.	835 µg 93%
- β-carotene	8285 µg 77%
Thiamin (Vit. B1)	0.04 mg 3%
Riboflavin (Vit. B2)	0.05 mg 3%
Niacin (Vit. B3)	1.2 mg 8%
Vitamin B6	0.1 mg 8%
Vitamin C	7 mg 12%
Calcium	33 mg 3%
Iron	0.66 mg 5%
Magnesium	18 mg 5%
Phosphorus	35 mg 5%
Potassium	240 mg 5%
Sodium	2.4 mg 0%
Percentages are relative to US recommendations for adults based on the USDA database.	