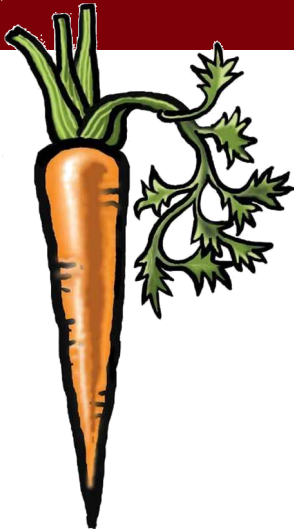


Carrots from Fiumicino

(Daucus carota – Fiumicino variation)



Description

Carrots belong to the family of the "Umbelliferae"; they are biennial herbaceous plants with a primary root system. The edible part is the primary root, which grows in order to accumulate reserve material. It is orange and has a long shape. Carrots are picked 3-7 months after they are sowed, depending on whether this occurs in spring or summer. Carrots prefer sandy and loose grounds and have an excellent climatic adaptability.

Cultivation Area
Fiumicino



Chemical composition and energetic value

(For every 100 g of fresh, edible product)

Proteins: 1,1 g
Carbohydrates: 7,6g
Fat: 0,2 g
Fiber: 3,1 g
Potassium: 220 mg
Sodium: 22 mg
Calcium: 44 mg
Phosphorus: 37mg
Iron: 0,7 mg
Magnesium: 11mg
Vitamins: A - C - E
Cholesterol: 0 mg
Calories: 11 kcal



This product is undergoing the process for the award of the recognition of quality product, I.G.P.



How can it be used

Carrot roots can be eaten raw or cooked.