

Carrot

Area Under Cultivation

The main carrot growing states are Uttar Pradesh, Assam, Karnataka, Andhra Pradesh, Punjab and Haryana.

Botanical Name : *Daucus carota*

Family : Umbelliferae

Plant Discription :

It is an annual or biennial herb with an erect and much branched stem , 30 to 120 cm tall arising from a thick fleshy taproot,5 - 30 cm long bearing flowers borne in umbels.

Centre of origin : Europe

Pollination system : Cross pollinated

Chromosome no : $2n=18$

Nutritional Levels :

Moisture (%)	Protein (%)	Fat (%)	Mineral matter (%)	Fibre (%)	Carbohydrate (%)	Calories (K Cal)
86	0.9	0.2	1.1	1.2	10.6	48
Minerals						
Phosphorus (mg/100g)	Potassium (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Sodium (mg/100g)	Copper (mg/100g)
530	108	80	17	1.03	35.6	0.1
Manganese (mg/100g)	Zinc (mg/100g)	Sulphur (mg/100g)	Chlorine (mg/100g)	Molybdiium (mg/100g)	Cromium (mg/100g)	
0.16	0.36	27	13	0	0.017	
Vitamins						
Carotene (mg/100g)	Thiamine (mg/100g)	Riboflavin (mg/100g)	Niacin (mg/100g)	Vitamin C (mg/100g)	Choline (mg/100g)	Folic acid-Free (mg/100g)
1890	0.04	0.02	0.6	3	168	5
Folic acid- Total (mg/100g)						
15						