



TOMATILLO NUTRITION FACTS



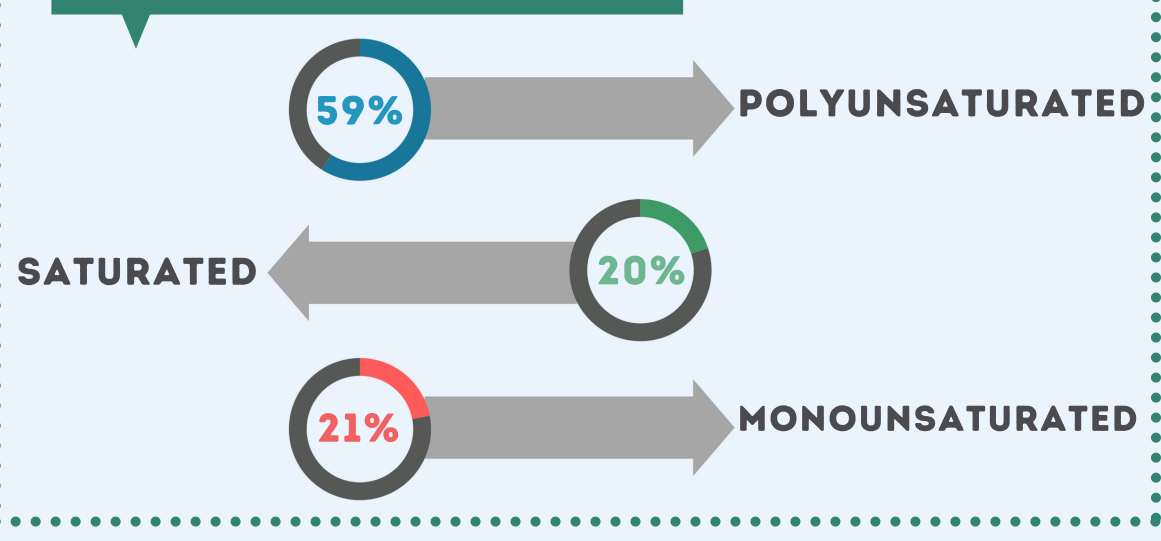
CALORIES 32/100GM

| | AMOUNT |
|--------------|----------|
| CARBOHYDRATE | 5.84 G |
| FAT | 1.02 G |
| PROTEIN | 0.96 G |
| CHOLESTEROL | 0.00 |
| FIBER | 1.9 G |
| RIBOFLAVIN | 0.035 MG |
| SODIUM, NA | 1 MG |
| THIAMIN | 0.044 MG |

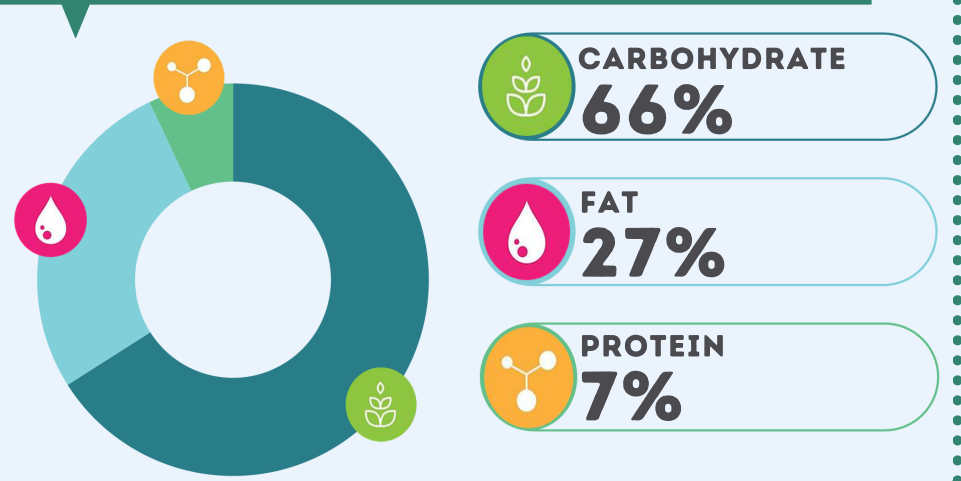
| | AMOUNT |
|-------------|----------|
| NIACIN | 1.850 MG |
| VITAMIN A | 6.00 MCG |
| VITAMIN B12 | 0.00 |
| VITAMIN B6 | 0.056 MG |
| VITAMIN C | 11.7 MG |
| VITAMIN D | 0.00 |
| FOLATE | 7 MCG |



FATS AND FATTY ACIDS



CALORIES BY SOURCE



TOMATILLO OTHER NAMES

- PHYSALIS PHILADELPHICA
- MEXICAN GROUND CHERRY
- MEXICAN HUSK TOMATO

MINERALS IN TOMATILLO

| | | |
|----------|---------------|----------|
| 7 MG | CALCIUM, CA | 1 % (DV) |
| 0.079 MG | COPPER, CU | 9 % (DV) |
| 0.62 MG | IRON, FE | 3 % (DV) |
| 20 MG | MAGNESIUM, MG | 5 % (DV) |
| 0.5 MCG | SELENIUM, SE | 1 % (DV) |
| 39 MG | PHOSPHORUS, P | 6 % (DV) |
| 268 MG | POTASSIUM, K | 6 % (DV) |
| 0.22 MG | ZINC, ZN | 2 % (DV) |

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.