

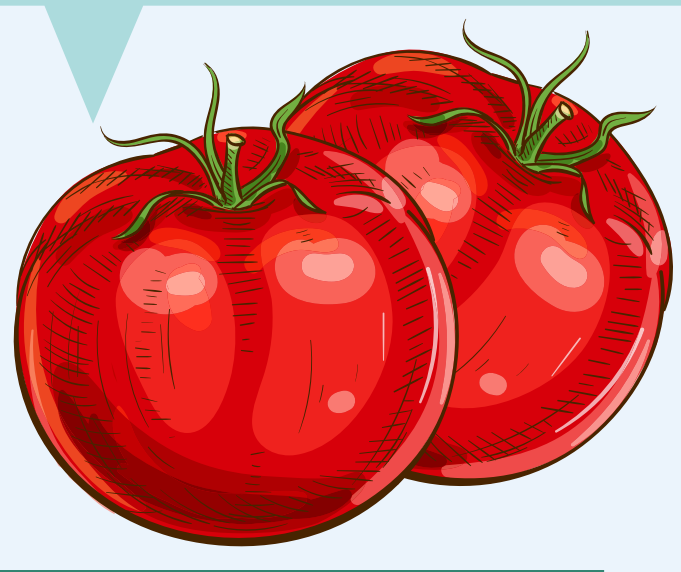


TOMATO NUTRITION FACTS

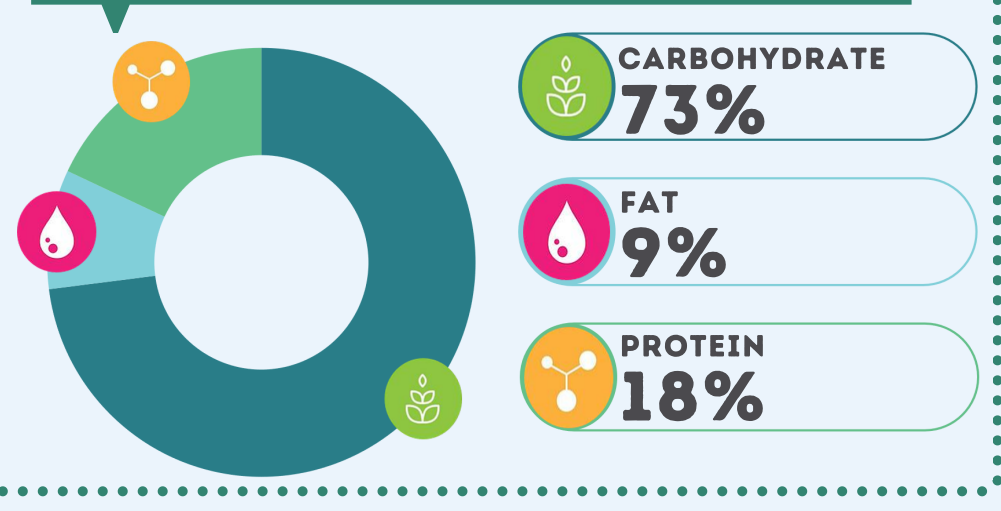


CALORIES 18/100GM

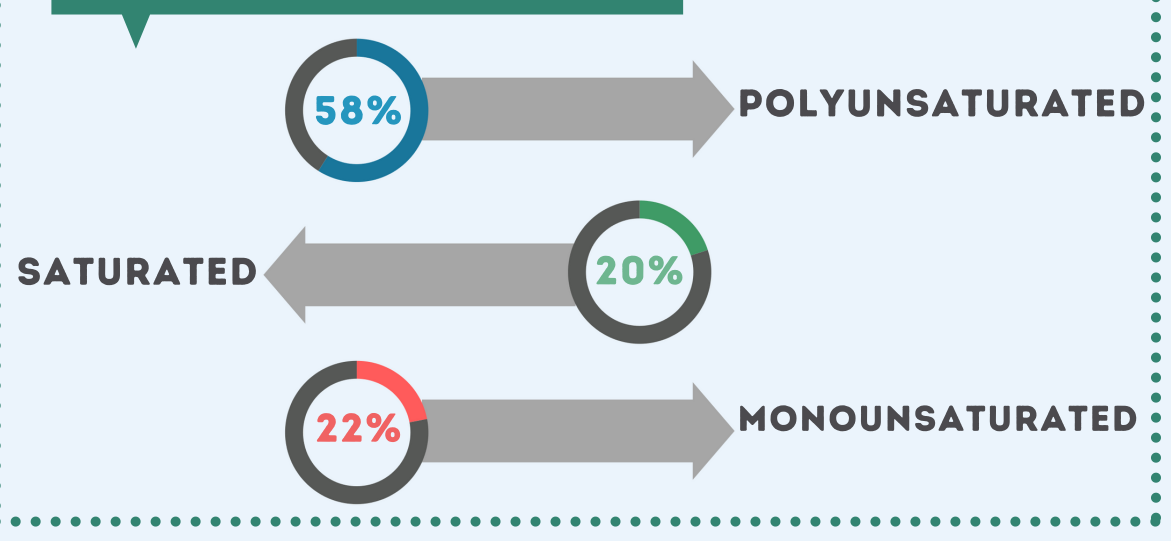
	AMOUNT		AMOUNT
CARBOHYDRATE	3.89 G	NIACIN	0.594 MG
FAT	0.20 G	VITAMIN A	42 MCG
PROTEIN	0.88 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.080 MG
FIBER	1.2 G	VITAMIN C	13.7 MG
RIBOFLAVIN	0.019 MG	VITAMIN D	0.00
SODIUM, NA	5 MG	FOLATE	15 MCG
THIAMIN	0.037 MG		



CALORIES BY SOURCE



FATS AND FATTY ACIDS



TOMATO OTHER NAMES

- SOLANUM LYCOPERSICUM
- LOVE APPLE
- TAMATAR
- TOMATE
- RAKTAMACI
- POMME D'AMOUR

MINERALS IN TOMATO

10 MG	CALCIUM, CA	1 % (DV)
0.059 MG	COPPER, CU	7 % (DV)
0.27 MG	IRON, FE	2 % (DV)
11 MG	MAGNESIUM, MG	3 % (DV)
0.0 MCG	SELENIUM, SE	0 % (DV)
24 MG	PHOSPHORUS, P	3 % (DV)
237 MG	POTASSIUM, K	5 % (DV)
0.17 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.