

**Basic Report 11954, Tomatillos, raw**
**Report Date: July 24, 2019 01:16 EDT**

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 medium<br>34g | 0.5 cup, chopped or diced<br>66g |
|--------------------------------|------|------------------------|-----------------|----------------------------------|
| <b>Proximates</b>              |      |                        |                 |                                  |
| Water                          | g    | 91.63                  | 31.15           | 60.48                            |
| Energy                         | kcal | 32                     | 11              | 21                               |
| Protein                        | g    | 0.96                   | 0.33            | 0.63                             |
| Total lipid (fat)              | g    | 1.02                   | 0.35            | 0.67                             |
| Carbohydrate, by difference    | g    | 5.84                   | 1.99            | 3.85                             |
| Fiber, total dietary           | g    | 1.9                    | 0.6             | 1.3                              |
| Sugars, total                  | g    | 3.93                   | 1.34            | 2.59                             |
| <b>Minerals</b>                |      |                        |                 |                                  |
| Calcium, Ca                    | mg   | 7                      | 2               | 5                                |
| Iron, Fe                       | mg   | 0.62                   | 0.21            | 0.41                             |
| Magnesium, Mg                  | mg   | 20                     | 7               | 13                               |
| Phosphorus, P                  | mg   | 39                     | 13              | 26                               |
| Potassium, K                   | mg   | 268                    | 91              | 177                              |
| Sodium, Na                     | mg   | 1                      | 0               | 1                                |
| Zinc, Zn                       | mg   | 0.22                   | 0.07            | 0.15                             |
| <b>Vitamins</b>                |      |                        |                 |                                  |
| Vitamin C, total ascorbic acid | mg   | 11.7                   | 4.0             | 7.7                              |
| Thiamin                        | mg   | 0.044                  | 0.015           | 0.029                            |
| Riboflavin                     | mg   | 0.035                  | 0.012           | 0.023                            |
| Niacin                         | mg   | 1.850                  | 0.629           | 1.221                            |
| Vitamin B-6                    | mg   | 0.056                  | 0.019           | 0.037                            |
| Folate, DFE                    | µg   | 7                      | 2               | 5                                |
| Vitamin B-12                   | µg   | 0.00                   | 0.00            | 0.00                             |
| Vitamin A, RAE                 | µg   | 6                      | 2               | 4                                |
| Vitamin A, IU                  | IU   | 114                    | 39              | 75                               |
| Vitamin E (alpha-tocopherol)   | mg   | 0.38                   | 0.13            | 0.25                             |

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|------------------------------------|-------------|---------------------------------|-------------------------|--|
| Vitamin D (D2 + D3)                | µg          | 0.0                             | 0.0                     | 0.0                                      |
| Vitamin D                          | IU          | 0                               | 0                       | 0  |
| Vitamin K (phylloquinone)          | µg          | 10.1                            | 3.4                     | 6.7                                      |
| <b>Lipids</b>                      |             |                                 |                         |  |
| Fatty acids, total saturated       | g           | 0.139                           | 0.047                   | 0.092                                    |
| Fatty acids, total monounsaturated | g           | 0.155                           | 0.053                   | 0.102                                    |
| Fatty acids, total polyunsaturated | g           | 0.417                           | 0.142                   | 0.275                                    |
| Fatty acids, total trans           | g           | 0.000                           | 0.000                   | 0.000                                    |
| Cholesterol                        | mg          | 0                               | 0                       | 0  |
| <b>Amino Acids</b>                 |             |                                 |                         |  |
| <b>Other</b>                       |             |                                 |                         |  |
| Caffeine                           | mg          | 0                               | 0                       | 0  |