

Basic Report 11956, Tomatoes, sun-dried, packed in oil, drained

Report Date: September 22, 2019 23:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 110g	1 piece 3g
Proximates				
Water	g	53.83	59.21	1.61
Energy	kcal	213	234	6
Protein	g	5.06	5.57	0.15
Total lipid (fat)	g	14.08	15.49	0.42
Carbohydrate, by difference	g	23.33	25.66	0.70
Fiber, total dietary	g	5.8	6.4	0.2
Minerals				
Calcium, Ca	mg	47	52	1
Iron, Fe	mg	2.68	2.95	0.08
Magnesium, Mg	mg	81	89	2
Phosphorus, P	mg	139	153	4
Potassium, K	mg	1565	1722	47
Sodium, Na	mg	266	293	8
Zinc, Zn	mg	0.78	0.86	0.02
Vitamins				
Vitamin C, total ascorbic acid	mg	101.8	112.0	3.1
Thiamin	mg	0.193	0.212	0.006
Riboflavin	mg	0.383	0.421	0.011
Niacin	mg	3.630	3.993	0.109
Vitamin B-6	mg	0.319	0.351	0.010
Folate, DFE	µg	23	25	1
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	64	70	2
Vitamin A, IU	IU	1286	1415	39
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

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Lipids				
Fatty acids, total saturated	g	1.893	2.082	0.057
Fatty acids, total monounsaturated	g	8.663	9.529	0.260
Fatty acids, total polyunsaturated	g	2.060	2.266	0.062
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other