

Full Report (All Nutrients) 11529, Tomatoes, red, ripe, raw, year round average

Report Date: September 19, 2019 15:57 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Refuse:9% Refuse Description: Core and stem ends

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup cherry tomatoes 149g	1 cup, chopped or sliced 180g	1 Italian tomato 62g	1 cherry 17g	1 large whole (3" dia) 182g	1 medium whole (2-3/5" dia) 123g	1 slice, medium (1/4" thick) 20g	1 plum tomato 62g	1 small whole (2-2/5" dia) 91g	1 slice, thick/large (1/2" thick) 27g	1 wedge (1/4 of medium tomato) 31g	1 slice, thin/small 15g	1 NLEA serving 148g
Proximates																	
Water 1 2 3	g	94.52	39	0.130	140.83	170.14	58.60	16.07	172.03	116.26	18.90	58.60	86.01	25.52	29.30	14.18	139.89
Energy	kcal	18	--	--	27	32	11	3	33	22	4	11	16	5	6	3	27
Energy	kJ	74	--	--	110	133	46	13	135	91	15	46	67	20	23	11	110
Protein 1 2	g	0.88	19	0.030	1.31	1.58	0.55	0.15	1.60	1.08	0.18	0.55	0.80	0.24	0.27	0.13	1.30
Total lipid (fat) 1 2	g	0.20	26	0.030	0.30	0.36	0.12	0.03	0.36	0.25	0.04	0.12	0.18	0.05	0.06	0.03	0.30
Ash 1 2	g	0.50	19	0.010	0.74	0.90	0.31	0.09	0.91	0.61	0.10	0.31	0.46	0.14	0.15	0.07	0.74
Carbohydrate, by difference	g	3.89	--	--	5.80	7.00	2.41	0.66	7.08	4.78	0.78	2.41	3.54	1.05	1.21	0.58	5.76
Fiber, total dietary 2	g	1.2	5	0.200	1.8	2.2	0.7	0.2	2.2	1.5	0.2	0.7	1.1	0.3	0.4	0.2	1.8
Sugars, total 2	g	2.63	--	--	3.92	4.73	1.63	0.45	4.79	3.23	0.53	1.63	2.39	0.71	0.82	0.39	3.89
Sucrose 1 2	g	0.00	12	0.002	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Glucose (dextrose) 1 2	g	1.25	16	0.130	1.86	2.25	0.78	0.21	2.27	1.54	0.25	0.78	1.14	0.34	0.39	0.19	1.85
Fructose 1 2	g	1.37	17	0.070	2.04	2.47	0.85	0.23	2.49	1.69	0.27	0.85	1.25	0.37	0.42	0.21	2.03
Lactose 1 2	g	0.00	9	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Maltose 1 2	g	0.00	9	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Galactose 2	g	0.00	4	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Starch 2	g	0.00	4	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Minerals																	
Calcium, Ca 1 2	mg	10	69	0.000	15	18	6	2	18	12	2	6	9	3	3	2	15
Iron, Fe 1 2	mg	0.27	70	0.010	0.40	0.49	0.17	0.05	0.49	0.33	0.05	0.17	0.25	0.07	0.08	0.04	0.40

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup cherry tomatoes 149g	1 cup, chopped or sliced 180g	1 Italian tomato 62g	1 cherry 17g	1 large whole (3" dia) 182g	1 medium whole (2-3/5" dia) 123g	1 slice, medium (1/4" thick) 20g	1 plum tomato 62g	1 small whole (2-2/5" dia) 91g	1 slice, thick/large (1/2" thick) 27g	1 wedge (1/4 of medium tomato) 31g	1 slice, thin/small 15g	1 NLEA serving 148g
Vitamin A, IU	IU	833	--	--	1241	1499	516	142	1516	1025	167	516	758	225	258	125	1233
Lycopene 1 2 5 7	µg	2573	13	54.000	3834	4631	1595	437	4683	3165	515	1595	2341	695	798	386	3808
Lutein + zeaxanthin 1 2 5	µg	123	10	4.000	183	221	76	21	224	151	25	76	112	33	38	18	182
Vitamin E (alpha-tocopherol) 1 2	mg	0.54	16	0.070	0.80	0.97	0.33	0.09	0.98	0.66	0.11	0.33	0.49	0.15	0.17	0.08	0.80
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocopherol, beta 1 2	mg	0.01	16	0.002	0.01	0.02	0.01	0.00	0.02	0.01	0.00	0.01	0.01	0.00	0.00	0.00	0.01
Tocopherol, gamma 1 2	mg	0.12	16	0.010	0.18	0.22	0.07	0.02	0.22	0.15	0.02	0.07	0.11	0.03	0.04	0.02	0.18
Tocopherol, delta 1 2	mg	0.00	16	0.002	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocotrienol, alpha 1 2	mg	0.01	6	0.005	0.01	0.02	0.01	0.00	0.02	0.01	0.00	0.01	0.01	0.00	0.00	0.00	0.01
Tocotrienol, beta 1 2	mg	0.00	6	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocotrienol, gamma 1 2	mg	0.00	6	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocotrienol, delta 1 2	mg	0.00	6	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone) 1 2	µg	7.9	15	4.700	11.8	14.2	4.9	1.3	14.4	9.7	1.6	4.9	7.2	2.1	2.4	1.2	11.7
Lipids																	
Fatty acids, total saturated	g	0.028	--	--	0.042	0.050	0.017	0.005	0.051	0.034	0.006	0.017	0.025	0.008	0.009	0.004	0.041
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
14:0	g	0.000	1	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
16:0	g	0.020	1	--	0.030	0.036	0.012	0.003	0.036	0.025	0.004	0.012	0.018	0.005	0.006	0.003	0.030
18:0	g	0.008	1	--	0.012	0.014	0.005	0.001	0.015	0.010	0.002	0.005	0.007	0.002	0.002	0.001	0.012
Fatty acids, total monounsaturated	g	0.031	--	--	0.046	0.056	0.019	0.005	0.056	0.038	0.006	0.019	0.028	0.008	0.010	0.005	0.046
16:1 undifferentiated	g	0.001	1	--	0.001	0.002	0.001	0.000	0.002	0.001	0.000	0.001	0.001	0.000	0.000	0.000	0.001

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18:1 undifferentiated	g	0.030	1	--	0.045	0.054	0.019	0.005	0.055	0.037	0.006	0.019	0.027	0.008	0.009	0.004	0.044
20:1	g	0.000	1	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.083	--	--	0.124	0.149	0.051	0.014	0.151	0.102	0.017	0.051	0.076	0.022	0.026	0.012	0.123
18:2 undifferentiated	g	0.080	1	--	0.119	0.144	0.050	0.014	0.146	0.098	0.016	0.050	0.073	0.022	0.025	0.012	0.118
18:3 undifferentiated	g	0.003	1	--	0.004	0.005	0.002	0.001	0.005	0.004	0.001	0.002	0.003	0.001	0.001	0.000	0.004
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0	0	0	0	0	0	0	0	0	0
Phytosterols	mg	7	1	--	10	13	4	1	13	9	1	4	6	2	2	1	10
Amino Acids																	
Tryptophan 128	g	0.006	--	--	0.009	0.011	0.004	0.001	0.011	0.007	0.001	0.004	0.005	0.002	0.002	0.001	0.009
Threonine 1289	g	0.027	--	--	0.040	0.049	0.017	0.005	0.049	0.033	0.005	0.017	0.025	0.007	0.008	0.004	0.040
Isoleucine 128	g	0.018	--	--	0.027	0.032	0.011	0.003	0.033	0.022	0.004	0.011	0.016	0.005	0.006	0.003	0.027
Leucine 1289	g	0.025	--	--	0.037	0.045	0.015	0.004	0.045	0.031	0.005	0.015	0.023	0.007	0.008	0.004	0.037
Lysine 1289	g	0.027	--	--	0.040	0.049	0.017	0.005	0.049	0.033	0.005	0.017	0.025	0.007	0.008	0.004	0.040
Methionine 128	g	0.006	--	--	0.009	0.011	0.004	0.001	0.011	0.007	0.001	0.004	0.005	0.002	0.002	0.001	0.009
Cystine 128	g	0.009	--	--	0.013	0.016	0.006	0.002	0.016	0.011	0.002	0.006	0.008	0.002	0.003	0.001	0.013
Phenylalanine 289	g	0.027	--	--	0.040	0.049	0.017	0.005	0.049	0.033	0.005	0.017	0.025	0.007	0.008	0.004	0.040
Tyrosine 128	g	0.014	--	--	0.021	0.025	0.009	0.002	0.025	0.017	0.003	0.009	0.013	0.004	0.004	0.002	0.021
Valine 128	g	0.018	--	--	0.027	0.032	0.011	0.003	0.033	0.022	0.004	0.011	0.016	0.005	0.006	0.003	0.027
Arginine 128	g	0.021	--	--	0.031	0.038	0.013	0.004	0.038	0.026	0.004	0.013	0.019	0.006	0.007	0.003	0.031
Histidine 128	g	0.014	--	--	0.021	0.025	0.009	0.002	0.025	0.017	0.003	0.009	0.013	0.004	0.004	0.002	0.021
Alanine 1289	g	0.027	--	--	0.040	0.049	0.017	0.005	0.049	0.033	0.005	0.017	0.025	0.007	0.008	0.004	0.040
Aspartic acid 1289	g	0.135	--	--	0.201	0.243	0.084	0.023	0.246	0.166	0.027	0.084	0.123	0.036	0.042	0.020	0.200
Glutamic acid 1289	g	0.431	--	--	0.642	0.776	0.267	0.073	0.784	0.530	0.086	0.267	0.392	0.116	0.134	0.065	0.638
Glycine 128	g	0.019	--	--	0.028	0.034	0.012	0.003	0.035	0.023	0.004	0.012	0.017	0.005	0.006	0.003	0.028

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Proline 1 2 8	g	0.015	--	--	0.022	0.027	0.009	0.003	0.027	0.018	0.003	0.009	0.014	0.004	0.005	0.002	0.022
Serine 1 2 8 9	g	0.026	--	--	0.039	0.047	0.016	0.004	0.047	0.032	0.005	0.016	0.024	0.007	0.008	0.004	0.038
Other																	
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0	0	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0	0	0	0	0	0	0	0
Flavonoids																	
Anthocyanidins																	
Cyanidin 10	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Petunidin 10	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Delphinidin 10	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Malvidin 10	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pelargonidin 10	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Peonidin 10	mg	0.0	8	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Flavan-3-ols																	
(+)-Catechin 10 11 12	mg	0.0	13	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
(-)-Epigallocatechin 10 11 12	mg	0.0	13	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
(-)-Epicatechin 10 11 12	mg	0.0	13	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
(-)-Epicatechin 3-gallate 10 11 12	mg	0.0	13	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate 10 11 12	mg	0.0	13	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
(+)-Galocatechin 10 11 12	mg	0.0	13	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Flavanones																	
Hesperetin 10	mg	0.0	6	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Naringenin 10 13	mg	0.7	11	0.16	1.0	1.2	0.4	0.1	1.2	0.8	0.1	0.4	0.6	0.2	0.2	0.1	1.0
Flavones																	
Apigenin 10 14 15 16 17	mg	0.0	16	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Luteolin 10 14 15 16 17 18 19	mg	0.0	15	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Flavonols																	

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Isorhamnetin 20	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Kaempferol 14 15 16 17 18 19 20 21 22	mg	0.1	49	0.02	0.1	0.2	0.1	0.0	0.2	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.1
Myricetin 10 14 15 16 17 19 20 21 23	mg	0.1	22	0.03	0.2	0.2	0.1	0.0	0.2	0.2	0.0	0.1	0.1	0.0	0.0	0.0	0.2
Quercetin 10 13 14 15 16 17 18 19 20 21 22 23 24	mg	0.6	96	0.01	0.9	1.0	0.4	0.1	1.1	0.7	0.1	0.4	0.5	0.2	0.2	0.1	0.9
Isoflavones																	
Daidzein 27 28 29	mg	0.00	3	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Genistein 27 28 29	mg	0.00	3	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Glycitein 29	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total isoflavones 27 28 29	mg	0.00	3	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Formononetin	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Coumestrol	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Proanthocyanidin																	
Proanthocyanidin dimers 25 26	mg	0.0	4	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin trimers 25 26	mg	0.0	4	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin 4-6mers 26	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin 7-10mers 26	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin polymers (>10mers) 26	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Sources of Data

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Languag Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1276 TOMATO
- C0140 FRUIT, PEEL PRESENT, CORE, PIT OR SEED PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION