

Basic Report 11551, Tomato products, canned, sauce, with mushrooms

Report Date: August 20, 2017 07:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 245g
Proximates			
Water	g	87.97	215.53
Energy	kcal	35	86
Protein	g	1.45	3.55
Total lipid (fat)	g	0.13	0.32
Carbohydrate, by difference	g	8.43	20.65
Fiber, total dietary	g	1.5	3.7
Sugars, total	g	5.77	14.14
Minerals			
Calcium, Ca	mg	13	32
Iron, Fe	mg	0.89	2.18
Magnesium, Mg	mg	19	47
Phosphorus, P	mg	32	78
Potassium, K	mg	380	931
Sodium, Na	mg	452	1107
Zinc, Zn	mg	0.21	0.51
Vitamins			
Vitamin C, total ascorbic acid	mg	12.4	30.4
Thiamin	mg	0.072	0.176
Riboflavin	mg	0.108	0.265
Niacin	mg	1.265	3.099
Vitamin B-6	mg	0.133	0.326
Folate, DFE	µg	9	22
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	48	118
Vitamin A, IU	IU	955	2340
Vitamin E (alpha-tocopherol)	mg	1.92	4.70

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Vitamin K (phylloquinone)	µg	3.8	9.3
Lipids			
Fatty acids, total saturated	g	0.017	0.042
Fatty acids, total monounsaturated	g	0.010	0.025
Fatty acids, total polyunsaturated	g	0.050	0.122
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0