

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

Report Date: October 24, 2017 00:08 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 245g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 245g</b>
Vitamin K (phylloquinone)	µg	3.8	9.3
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0