

## Full Report (All Nutrients) 11555, Tomato products, canned, sauce, with herbs and cheese

Report Date: July 22, 2019 21:13 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.5 Fat Factor: 8.8 Protein Factor:3 Nitrogen to Protein Conversion Factor:6.28

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 122g	1 can, 15 oz (303 x 406) 425g
<b>Proximates</b>						
Water	g	83.43	57	0.200	101.78	354.58
Energy	kcal	59	--	--	72	251
Energy	kJ	247	--	--	301	1050
Protein	g	2.13	61	0.060	2.60	9.05
Total lipid (fat)	g	1.93	57	0.150	2.35	8.20
Ash	g	2.27	57	0.050	2.77	9.65
Carbohydrate, by difference	g	10.24	--	--	12.49	43.52
Fiber, total dietary	g	2.2	--	--	2.7	9.4
<b>Minerals</b>						
Calcium, Ca	mg	37	56	1.000	45	157
Iron, Fe	mg	0.87	49	0.020	1.06	3.70
Magnesium, Mg	mg	19	--	--	23	81
Phosphorus, P	mg	54	--	--	66	230
Potassium, K	mg	356	--	--	434	1513
Sodium, Na	mg	543	--	--	662	2308
Zinc, Zn	mg	0.36	--	--	0.44	1.53
Copper, Cu	mg	0.174	--	--	0.212	0.739
Manganese, Mn	mg	0.188	--	--	0.229	0.799
Selenium, Se	µg	0.9	--	--	1.1	3.8
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	10.0	61	0.600	12.2	42.5
Thiamin	mg	0.076	61	0.002	0.093	0.323

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 122g	1 can, 15 oz (303 x 406) 425g
Riboflavin	mg	0.124	57	0.009	0.151	0.527
Niacin	mg	1.209	57	0.025	1.475	5.138
Pantothenic acid	mg	0.275	--	--	0.336	1.169
Vitamin B-6	mg	0.019	--	--	0.023	0.081
Folate, total	µg	8	--	--	10	34
Folic acid	µg	0	--	--	0	0
Folate, food	µg	8	--	--	10	34
Folate, DFE	µg	8	--	--	10	34
Vitamin A, RAE	µg	49	61	0.000	60	208
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	987	61	18.000	1204	4195
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.627	--	--	0.765	2.665
4:0	g	0.011	--	--	0.013	0.047
6:0	g	0.006	--	--	0.007	0.026
8:0	g	0.003	--	--	0.004	0.013
10:0	g	0.006	--	--	0.007	0.026
12:0	g	0.006	--	--	0.007	0.026
14:0	g	0.048	--	--	0.059	0.204
16:0	g	0.456	--	--	0.556	1.938
18:0	g	0.080	--	--	0.098	0.340
Fatty acids, total monounsaturated	g	0.380	--	--	0.464	1.615
16:1 undifferentiated	g	0.023	--	--	0.028	0.098
18:1 undifferentiated	g	0.351	--	--	0.428	1.492
Fatty acids, total polyunsaturated	g	0.825	--	--	1.006	3.506
18:2 undifferentiated	g	0.814	--	--	0.993	3.459
18:3 undifferentiated	g	0.008	--	--	0.010	0.034
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	3	--	--	4	13
<b>Amino Acids</b>						
Tryptophan	g	0.021	--	--	0.026	0.089

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 122g	1 can, 15 oz (303 x 406) 425g
Threonine	g	0.059	--	--	0.072	0.251
Isoleucine	g	0.070	--	--	0.085	0.298
Leucine	g	0.113	--	--	0.138	0.480
Lysine	g	0.111	--	--	0.135	0.472
Methionine	g	0.028	--	--	0.034	0.119
Cystine	g	0.016	--	--	0.020	0.068
Phenylalanine	g	0.070	--	--	0.085	0.298
Tyrosine	g	0.060	--	--	0.073	0.255
Valine	g	0.082	--	--	0.100	0.349
Arginine	g	0.089	--	--	0.109	0.378
Histidine	g	0.050	--	--	0.061	0.212
Alanine	g	0.063	--	--	0.077	0.268
Aspartic acid	g	0.201	--	--	0.245	0.854
Glutamic acid	g	0.639	--	--	0.780	2.716
Glycine	g	0.043	--	--	0.052	0.183
Proline	g	0.113	--	--	0.138	0.480
Serine	g	0.076	--	--	0.093	0.323

**Other**

**Langual 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
- E0121 LIQUID, HIGH VISCOSITY, WITH SMALL PARTICLES
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0143 CHEESE ADDED
- H0229 FLAVORING, SPICE OR HERB ADDED, NATURAL
- J0123 STERILIZED BY HEAT
- K0003 NO PACKING MEDIUM USED
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION