

## Basic Report 11557, Tomato products, canned, sauce, with onions, green peppers, and celery

Report Date: August 16, 2017 23:53 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 250g	1 can, 15 oz (303 x 406) 411g
<b>Proximates</b>				
Water	g	88.28	220.70	362.83
Energy	kcal	41	102	169
Protein	g	0.94	2.35	3.86
Total lipid (fat)	g	0.74	1.85	3.04
Carbohydrate, by difference	g	8.77	21.93	36.04
Fiber, total dietary	g	1.4	3.5	5.8
Sugars, total	g	7.36	18.40	30.25
<b>Minerals</b>				
Calcium, Ca	mg	13	32	53
Iron, Fe	mg	0.76	1.90	3.12
Magnesium, Mg	mg	21	52	86
Phosphorus, P	mg	38	95	156
Potassium, K	mg	398	995	1636
Sodium, Na	mg	368	920	1512
Zinc, Zn	mg	0.28	0.70	1.15
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	13.2	33.0	54.3
Thiamin	mg	0.067	0.168	0.275
Riboflavin	mg	0.120	0.300	0.493
Niacin	mg	1.095	2.737	4.500
Vitamin B-6	mg	0.194	0.485	0.797
Folate, DFE	µg	14	35	58
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	41	102	169
Vitamin A, IU	IU	810	2025	3329
Vitamin E (alpha-tocopherol)	mg	1.18	2.95	4.85

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	3.7	9.2	15.2
<b>Lipids</b>				
Fatty acids, total saturated	g	0.133	0.333	0.547
Fatty acids, total monounsaturated	g	0.102	0.255	0.419
Fatty acids, total polyunsaturated	g	0.337	0.843	1.385
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0