

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

Report Date: June 26, 2017 21:52 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
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0