

Basic Report 11695, Tomatoes, orange, raw

Report Date: September 20, 2019 01:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 158g	1 tomato 111g
Proximates				
Water	g	94.78	149.75	105.21
Energy	kcal	16	25	18
Protein	g	1.16	1.83	1.29
Total lipid (fat)	g	0.19	0.30	0.21
Carbohydrate, by difference	g	3.18	5.02	3.53
Fiber, total dietary	g	0.9	1.4	1.0
Minerals				
Calcium, Ca	mg	5	8	6
Iron, Fe	mg	0.47	0.74	0.52
Magnesium, Mg	mg	8	13	9
Phosphorus, P	mg	29	46	32
Potassium, K	mg	212	335	235
Sodium, Na	mg	42	66	47
Zinc, Zn	mg	0.14	0.22	0.16
Vitamins				
Vitamin C, total ascorbic acid	mg	16.0	25.3	17.8
Thiamin	mg	0.046	0.073	0.051
Riboflavin	mg	0.034	0.054	0.038
Niacin	mg	0.593	0.937	0.658
Vitamin B-6	mg	0.060	0.095	0.067
Folate, DFE	µg	29	46	32
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	75	118	83
Vitamin A, IU	IU	1496	2364	1661
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
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Lipids				
Fatty acids, total saturated	g	0.025	0.040	0.028
Fatty acids, total monounsaturated	g	0.028	0.044	0.031
Fatty acids, total polyunsaturated	g	0.076	0.120	0.084
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other