

Basic Report 43217, Tomato sauce, canned, no salt added

Report Date: September 24, 2019 05:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 245g
Proximates			
Water	g	91.28	223.64
Energy	kcal	24	59
Protein	g	1.20	2.94
Total lipid (fat)	g	0.30	0.73
Carbohydrate, by difference	g	5.31	13.01
Fiber, total dietary	g	1.5	3.7
Sugars, total	g	3.56	8.72
Minerals			
Calcium, Ca	mg	14	34
Iron, Fe	mg	0.96	2.35
Magnesium, Mg	mg	15	37
Phosphorus, P	mg	27	66
Potassium, K	mg	297	728
Sodium, Na	mg	11	27
Zinc, Zn	mg	0.22	0.54
Vitamins			
Vitamin C, total ascorbic acid	mg	7.0	17.1
Thiamin	mg	0.024	0.059
Riboflavin	mg	0.065	0.159
Niacin	mg	0.991	2.428
Vitamin B-6	mg	0.098	0.240
Folate, DFE	µg	9	22
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	22	54
Vitamin A, IU	IU	435	1066
Vitamin E (alpha-tocopherol)	mg	1.44	3.53

Nutrient	Unit	1 Value Per100 g	1 cup 245g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	2.8	6.9
Lipids			
Fatty acids, total saturated	g	0.041	0.100
Fatty acids, total monounsaturated	g	0.044	0.108
Fatty acids, total polyunsaturated	g	0.121	0.296
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0