



## IQF RED TOMATOES

### NUTRITIONAL DATA PER 100G

(APPROXIMATE – BASED ON USDA NUTRIENT DATABASE)

Water	g	94.52
Calories	kcal	18
Protein	g	0.88
Fat	g	0.20
Saturated Fat	g	0.028
Monounsaturated Fat	g	0.031
Polyunsaturated Fat	g	0.083
Cholesterol	mg	0
Carbohydrates	g	3.89
Sugars	g	2.63
Added Sugars	g	0
Fiber	g	1.2
Ash	g	0.51
<b>Minerals</b>		
Calcium	mg	10
Iron	mg	0.27
Magnesium	mg	11
Phosphorus	mg	24
Potassium	mg	237
Sodium	mg	5
Zinc	mg	0.17
Copper	mg	0.059
Manganese	mg	0.114
Selenium	µg	0
<b>Vitamins</b>		
Vitamin C	mg	13.7
Thiamin	mg	0.037
Riboflavin	mg	0.019
Niacin	mg	0.594
Pantothenic acid	mg	0.089
Vitamin B6	mg	0.08
Folate	µg DFE	15
Vitamin B-12	µg	0
Vitamin A	IU	833
	µg RAE	42
Carotene, beta	µg	449
Vitamin E	mg	0.54
Vitamin D	µg	0
Vitamin K	µg	7.9

This information is presented in good faith as typical. However, due to the variability of raw materials and processing, it is not guaranteed that these values are accurate for any specific lots of products supplied.

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