



IQF Tomatoes

ITEMS: Diced/Sliced

NUTRITIONAL COMPOSITION OF VEGETABLES (APPROXIMATE)

Nutrient	Units	<u>Value per 100 grams</u>
Water	gms	93.76
Calories	kcal	21.00
Protein	gms	0.85
Fat*	gms	0.33
Carbohydrates	gms	4.64
Sugars	gms	2.80
Fiber	gms	1.10
Ash	gms	0.42
Calcium	mg	5.00
Iron	mg	0.45
Magnesium	mg	11.00
Phosphorus	mg	24.00
Potassium	mg	222.00
Sodium	mg	9.00
Zinc	mg	0.09
Ascorbic Acid	mg	19.10
Thiamin	mg	0.06
Riboflavin	mg	0.05
Niacin	mg	0.63
Pantothenic	mg	0.25
Vitamin B6	mg	0.08
Folacin	mcg	15.00
Vitamin A	IU	623.00
<u>*Fat Analysis</u>	Saturated	14 %
	Monounsaturated	15 %
	Polyunsaturated	41 %
	Other	30 %

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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