



REDUCED MOISTURE^(TM) Tomatoes, Vine Ripened

ITEMS: 488, 490, 491, 493, 495, 496, 497, 498, 499

Values per 100 grams

Nutrient	Value	Units	Nutrient	Value	Units
Protein	0.85	g	Total lipid (fat)	0.33	g
Carbohydrate, by difference	4.64	g	Ash	0.42	g
Energy	21.00	kcal	Water	88.50	g
Energy	88.00	kJ	Fiber, total dietary	1.10	g
Calcium, Ca	5.00	mg	Iron, Fe	0.45	mg
Magnesium, Mg	11.00	mg	Phosphorus, P	24.00	mg
Potassium, K	222.00	mg	Sodium, Na	9.00	mg
Zinc, Zn	0.09	mg	Copper, Cu	0.07	mg
Manganese, Mn	0.11	mg	Selenium, Se	0.40	mcg
Vitamin A, IU	623.00	IU	Retinol	0.00	mcg
Vitamin A, RAE	31.00	mcg_RAE	Tocopherol, alpha	0.34	mg
Vitamin E	0.38	mg_ATE	Vitamin C, total ascorbic acid	19.10	mg
Thiamin	0.06	mg	Riboflavin	0.05	mg
Niacin	0.63	mg	Pantothenic acid	0.25	mg
Vitamin B-6	0.08	mg	Folate, total	15.00	mcg
Vitamin B-12	0.00	mcg	Folic acid	0.00	mcg
Folate, food	15.00	mcg	Folate, DFE	15.00	mcg_DFE
Tryptophan	0.01	g	Threonine	0.02	g
Isoleucine	0.02	g	Leucine	0.03	g
Lysine	0.03	g	Methionine	0.01	g
Cystine	0.01	g	Phenylalanine	0.02	g
Tyrosine	0.02	g	Valine	0.02	g
Arginine	0.02	g	Histidine	0.01	g
Alanine	0.02	g	Aspartic acid	0.12	g
Glutamic acid	0.31	g	Glycine	0.02	g
Proline	0.02	g	Serine	0.02	g

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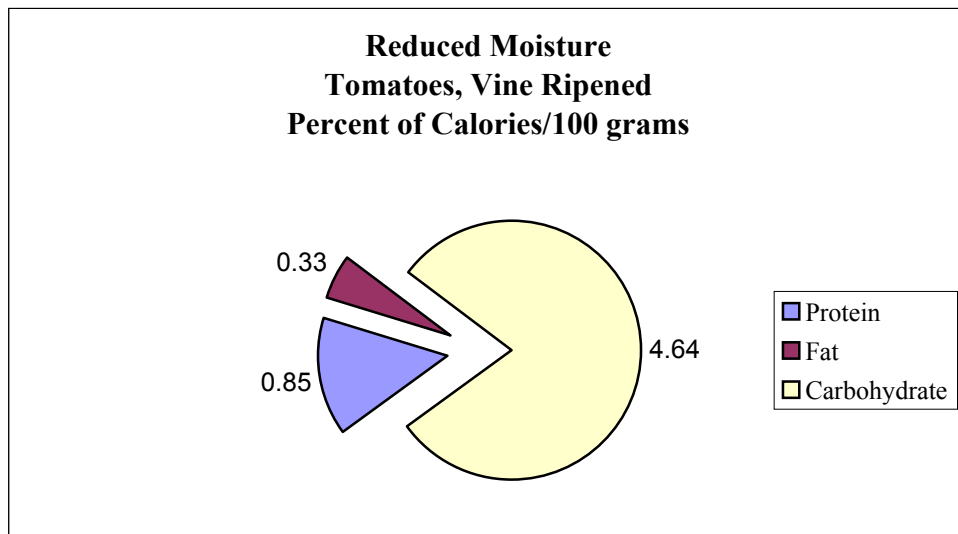


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Values per 100 grams

Nutrient	Value	Units	Nutrient	Value	Units
Cholesterol	0.00	mg	Fatty acids, total saturated	0.05	g
4:0	0.00	g	6:0	0.00	g
8:0	0.00	g	10:0	0.00	g
12:0	0.00	g	14:0	0.00	g
16:0	0.03	g	18:0	0.01	g
18:1 undifferentiated	0.05	g	18:2 undifferentiated	0.13	g
18:3 undifferentiated	0.01	g	20:4 undifferentiated	0.00	g
22:6 n-3	0.00	g	16:1 undifferentiated	0.00	g
18:4	0.00	g	20:1	0.00	g
20:5 n-3	0.00	g	22:1 undifferentiated	0.00	g
22:5 n-3	0.00	g	Phytosterols	7.00	mg
Fatty acids, total monounsaturated	0.05	g	Fatty acids, total polyunsaturated	0.14	g



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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