



Food ID: D257

Food name and Description: Tomato

Scientific name: *Lycopersicon esculentum*

Alternate/Common name(s): Kamatis

Edible portion: 99%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	93.4
Energy, calculated (kcal)	25
Protein (g)	0.8
Total Fat (g)	0.1
Carbohydrate, total (g)	5.2
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.3
Sugars, total (g)	3.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	6
Phosphorus, P (mg)	25
Iron, Fe (mg)	0.4
Potassium, K (mg)	173
Sodium, Na (mg)	11
Zinc, Zn (mg)	0

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	251
Retinol Activity Equivalent, RAE (µg)	21
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	3

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.01
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0.01
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.01
Oleic , C18:1 (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.04
Linoleic, C18:2 (g)	0.04
Linolenic, C18:3 (g)	0
Cholesterol (mg)	0