

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: D258

Food name and Description: Tomato, boiled Scientific name: *Lycopersicon esculentum* Alternate/Common name(s): Kamatis, nilaga Edible portion: 98%

# Proximates (Food Composition per 100g Edible Portion)

Water (g)	93.6
Energy, calculated (kcal)	25
Protein (g)	0.4
Total Fat (g)	0.1
Carbohydrate, total (g)	5.6
Ash, total (g)	0.3

#### Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.3
Sugars, total (g)	3.6

## Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	13
Phosphorus, P (mg)	9
Iron, Fe (mg)	0.5
Sodium, Na (mg)	11

## Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (μg)	255
Retinol Activity Equivalent, RAE (µg)	21
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	15

## Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.01
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 15:07:12