



Food ID: D259

Food name and Description: Tomato, Spanish, ripe

Scientific name: *Lycopersicon esculentum*

Alternate/Common name(s): Kamatis, Kastila, hinog

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	83.4
Energy, calculated (kcal)	64
Protein (g)	2.3
Total Fat (g)	0.4
Carbohydrate, total (g)	12.9
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.8
Sugars, total (g)	9.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	60
Phosphorus, P (mg)	28
Iron, Fe (mg)	0.7
Sodium, Na (mg)	28

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	310
Retinol Activity Equivalent, RAE (µg)	26
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	1.1
Ascorbic Acid, Vitamin C (mg)	7

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0.06
Fatty acids, polyunsaturated, total(g)	0.16
Cholesterol (mg)	0