



Food ID: N005

Food name and Description: Catsup, tomato

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	65
Energy, calculated (kcal)	131
Protein (g)	1.6
Total Fat (g)	0.6
Carbohydrate, total (g)	29.9
Ash, total (g)	3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.3
Sugars, total (g)	23.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	30
Phosphorus, P (mg)	30
Iron, Fe (mg)	1.2
Sodium, Na (mg)	1021

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	455
Retinol Activity Equivalent, RAE (µg)	38
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	7

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.08
Fatty acids, monounsaturated, total (g)	0.09
Fatty acids, polyunsaturated, total(g)	0.25
Cholesterol (mg)	0