



Food ID: N024

Food name and Description: Tomato paste

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	70
Energy, calculated (kcal)	112
Protein (g)	4.3
Total Fat (g)	0.1
Carbohydrate, total (g)	23.4
Ash, total (g)	2.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.6
Sugars, total (g)	13.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	53
Phosphorus, P (mg)	65
Iron, Fe (mg)	4.2
Sodium, Na (mg)	894

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	192
Retinol Activity Equivalent, RAE (µg)	16
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	3.6
Ascorbic Acid, Vitamin C (mg)	14

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.02
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.03
Cholesterol (mg)	0