



**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