



Food ID: N025

Food name and Description: Tomato sauce

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	87.9
Energy, calculated (kcal)	45
Protein (g)	0.9
Total Fat (g)	0.2
Carbohydrate, total (g)	10
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.1
Sugars, total (g)	4.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	36
Phosphorus, P (mg)	21
Iron, Fe (mg)	0.8
Sodium, Na (mg)	658

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	220
Retinol Activity Equivalent, RAE (µg)	18
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	12

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.03
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.08
Cholesterol (mg)	0