

Tomatoes, red, ripe, raw, year round average [Includes USDA commodity food A238, A233]

FOOD SUMMARY

Nutrition Facts

Serving Size 149 g

Amount Per Serving

Calories 27 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 7mg 0%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 7%

Sugars 4g

Protein 1g

Vitamin A 25% • Vitamin C 32%

Calcium 1% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

k55463