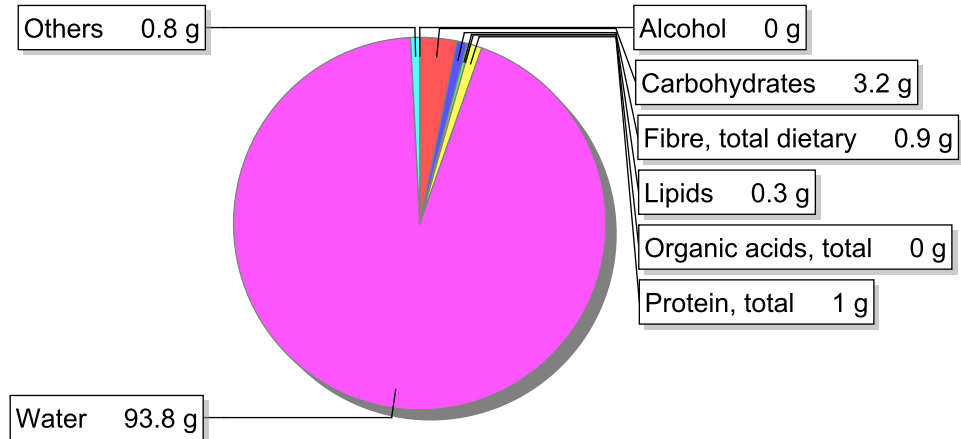


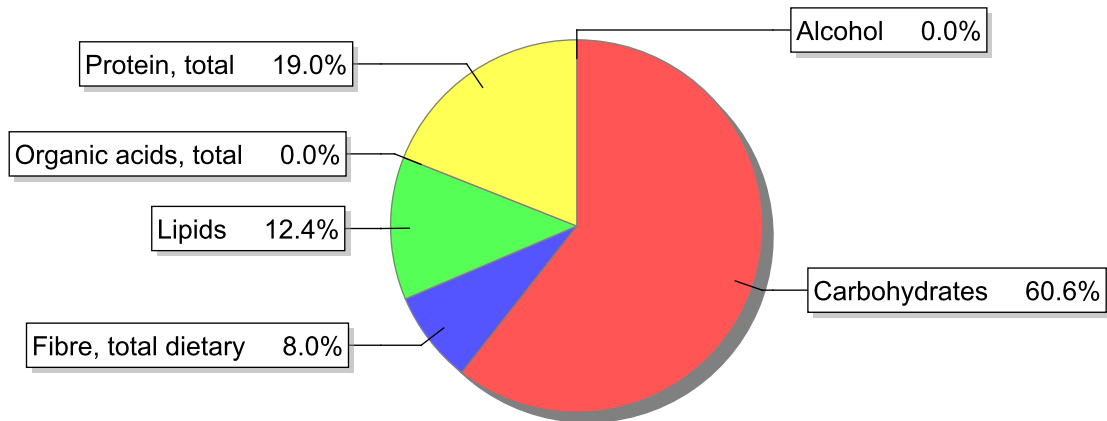
Food

Name: Tomato, canned
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 100%
Code: IS616
FoodEX2 Code: A00ZC

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	21	kcal	
energy kJ, total metabolisable	90	kJ	
fatty acids, total saturated	0.1	g	57
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.2	g	57
fatty acid 18:2 n-6 cis,cis	0.2	g	57
fatty acids, total trans	0	g	
sugars, total	3	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0.9	g	57
protein, total	1	g	57
alcohol	0	g	
water	93.8	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	333	µg	57
carotene, total (vitamin A precursors)	2000	µg	57
vitamin D	0	µg	
alpha-tocopherol	1.2	mg	
thiamin	0.04	mg	57
riboflavin	0.03	mg	57
niacin, preformed	0.9	mg	
niacin equivalents, total	1	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.11	mg	57
vitamin B-12	0	µg	
vitamin C	15	mg	57
folate, total	11	µg	
ash	0.76	g	
sodium	29	mg	57
potassium	270	mg	57
calcium	10	mg	57
phosphorus	25	mg	57
magnesium	11	mg	57
iron, total	0.6	mg	57
zinc	0.3	mg	57

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB