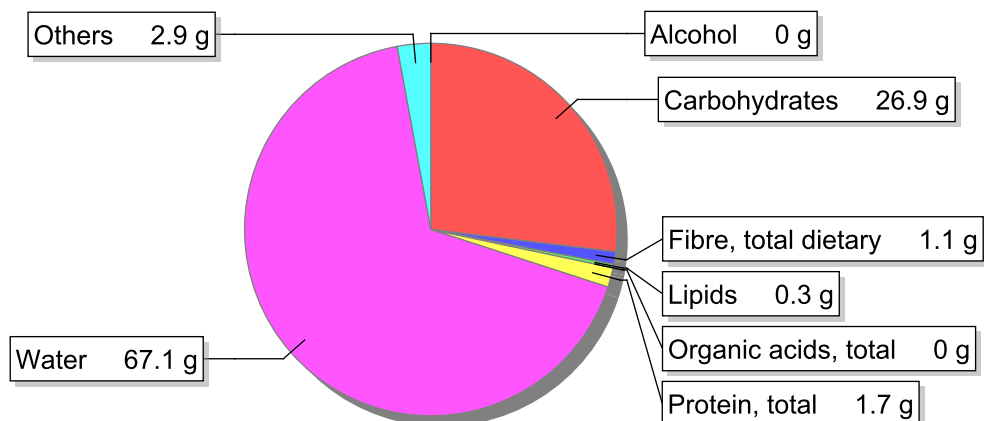


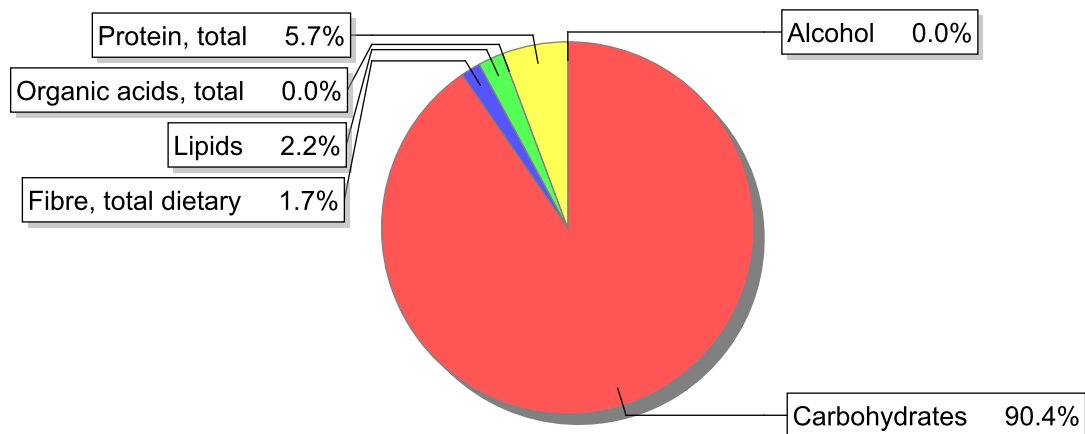
Food

Name: Ketchup, tomato
Group: Soups, sauces and miscellaneous foods
Subgroup: Sauces
Edible Part: 100%
Code: IS960
FoodEX2 Code: A044P

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable | 119 | kcal | |
| energy kJ, total metabolisable | 506 | kJ | |
| fatty acids, total saturated | 0 | g | |
| fatty acids, total monounsaturated | 0.1 | g | |
| fatty acids, total polyunsaturated | 0.1 | g | |
| fatty acid 18:2 n-6 cis,cis | 0.1 | g | |
| fatty acids, total trans | 0 | g | |
| sugars, total | 25.8 | g | |
| sucrose | 13.9 | g | |

| Name | Value | Unit | Source(s) |
|--|-------|------|-----------|
| lactose | 0 | g | |
| oligosaccharides, available | 0 | g | |
| fibre, total dietary | 1.1 | g | |
| protein, total | 1.7 | g | |
| alcohol | 0 | g | |
| water | 67.1 | g | |
| organic acids, total | 0 | g | |
| cholesterol | 0 | mg | |
| vitamin A; retinol equiv from retinol and carotenoid activities | 90 | µg | |
| carotene, total (vitamin A precursors) | 537 | µg | |
| vitamin D | 0 | µg | |
| alpha-tocopherol | 1.5 | mg | |
| thiamin | 0.06 | mg | |
| riboflavin | 0.06 | mg | |
| niacin, preformed | 1.3 | mg | |
| niacin equivalents, total | 1.5 | mg | |
| niacin equivalents from tryptophan | 0.2 | mg | |
| vitamin B-6, total | 0.1 | mg | |
| vitamin B-12 | 0 | µg | |
| vitamin C | 11 | mg | |
| folate, total | 8 | µg | |
| ash | 2.90 | g | |
| sodium | 1230 | mg | |
| potassium | 410 | mg | |
| calcium | 13 | mg | |
| phosphorus | 30 | mg | |
| magnesium | 19 | mg | |
| iron, total | 0.7 | mg | |
| zinc | 0.2 | mg | |

Legend

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

References