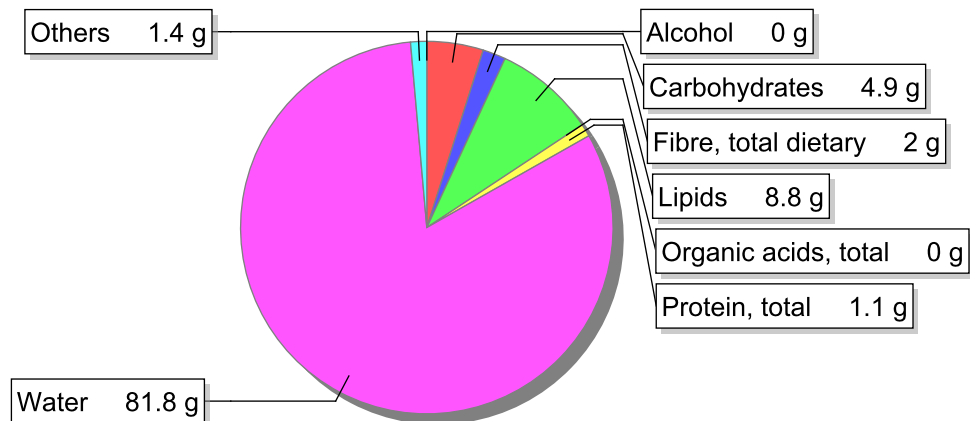


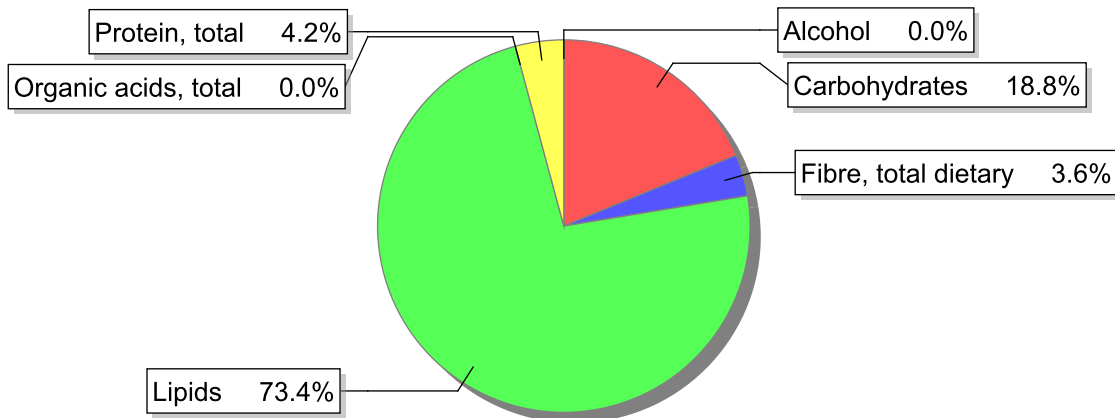
Food

Name: Sauce, tomato
Group: Soups, sauces and miscellaneous foods
Subgroup: Sauces
Edible Part: 100%
Code: IS932
FoodEX2 Code: A044C

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	107	kcal	
energy kJ, total metabolisable	444	kJ	
fatty acids, total saturated	1.9	g	
fatty acids, total monounsaturated	5.6	g	
fatty acids, total polyunsaturated	1.3	g	
fatty acid 18:2 n-6 cis,cis	1.1	g	
fatty acids, total trans	0	g	
sugars, total	4.5	g	
sucrose	0.4	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.4	g	
starch, total	0	g	
protein, total	1.1	g	
alcohol	0	g	
water	81.8	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	80	µg	
carotene, total (vitamin A precursors)	446	µg	
vitamin D	0	µg	
alpha-tocopherol	2.4	mg	
thiamin	0.09	mg	
riboflavin	0.04	mg	
niacin, preformed	0.8	mg	
niacin equivalents, total	1	mg	
niacin equivalents from tryptophan	0.2	mg	
vitamin B-6, total	0.18	mg	
vitamin B-12	0	µg	
vitamin C	18	mg	
folate, total	19	µg	
ash	1.40	g	
sodium	210	mg	
potassium	350	mg	
calcium	26	mg	
phosphorus	30	mg	
magnesium	18	mg	
iron, total	1	mg	
zinc	0.2	mg	

Legend

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

References