

# Tomatoes, red, ripe, raw, year round average

**Refuse:** 9% (Core and stem ends)

**Scientific Name:** *Lycopersicon esculentum*

**Common Name:** Includes USDA commodity food A238, A233

**NDB No:** 11529 (Nutrient values and weights are for edible portion)

Nutrient	Units	1.00 X 1 slice, thin/small	.5 X 1 cup, chopped or sliced
		----- 15g	----- 90g
<b>Proximates</b>			
Water	g	14.18	85.05
Energy	kcal	3	16
Energy	kJ	11	68
Protein	g	0.13	0.79
Total lipid (fat)	g	0.03	0.18
Ash	g	0.07	0.45
Carbohydrate, by difference	g	0.59	3.53
Fiber, total dietary	g	0.2	1.1
Sugars, total	g	0.39	2.37
Sucrose	g	0.00	0.00
Glucose (dextrose)	g	0.19	1.12
Fructose	g	0.21	1.23
Lactose	g	0.00	0.00
Maltose	g	0.00	0.00
Galactose	g	0.00	0.00
Starch	g	0.00	0.00
<b>Minerals</b>			
Calcium, Ca	mg	2	9
Iron, Fe	mg	0.04	0.24
Magnesium, Mg	mg	2	10
Phosphorus, P	mg	4	22
Potassium, K	mg	36	213
Sodium, Na	mg	1	4
Zinc, Zn	mg	0.03	0.15
Copper, Cu	mg	0.009	0.053
Manganese, Mn	mg	0.017	0.103
Fluoride, F	mcg	0.3	2.1
Selenium, Se	mcg	0.0	0.0
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	1.9	11.4
Thiamin	mg	0.006	0.033
Riboflavin	mg	0.003	0.017
Niacin	mg	0.089	0.535
Pantothenic acid	mg	0.013	0.080
Vitamin B-6	mg	0.012	0.072
Folate, total	mcg	2	14

Folic acid	mcg	0	0
Folate, food	mcg	2	14
Folate, DFE	mcg_DFE	2	14
Choline, total	mg	1.0	6.0
Betaine	mg	0.0	0.1
Vitamin B-12	mcg	0.00	0.00
Vitamin B-12, added	mcg	0.00	0.00
Vitamin A, RAE	mcg_RAE	6	38
Retinol	mcg	0	0
Carotene, beta	mcg	67	404
Carotene, alpha	mcg	15	91
Cryptoxanthin, beta	mcg	0	0
Vitamin A, IU	IU	125	750
Lycopene	mcg	386	2316
Lutein + zeaxanthin	mcg	18	111
Vitamin E (alpha-tocopherol)	mg	0.08	0.49
Vitamin E, added	mg	0.00	0.00
Tocopherol, beta	mg	0.00	0.01
Tocopherol, gamma	mg	0.02	0.11
Tocopherol, delta	mg	0.00	0.00
Vitamin K (phylloquinone)	mcg	1.2	7.1

USDA National Nutrient Database for Standard Reference, Release 21 (2008)