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Tomatoes, red, ripe, raw, year round average

SR Legacy, released in April 2018, is the final release of this data type and will not be updated. For more recent data, users should search other data types in FoodData Central.

Data Type: SR Legacy **Food Category:** Vegetables and Vegetable Products **FDC ID:** 170457 **NDB Number:** 11529

FDC Published: 4/1/2019

Nutrients	Measures	Other Information	n	Samples	Min	Max	Median	Footnote	Last Updated
Portion:	100g								
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Name	Amount	Unit	Deriv. By						
Water	94.5	g	Aggregated data involving combinations of data with different source codes when at least one code is not 1, 6, 12, or 13		92.7	95.7			6/1/2010
Energy	18	kcal	Calculated						8/1/2010
Energy	74	kJ	Calculated						8/1/2010
Protein	0.88	g	Aggregated data involving combinations of data with different source codes when at least one code is not 1, 6, 12, or 13		0.59	1.06			9/1/2002
Total lipid (fat)	0.2	g	Aggregated data involving combinations of data with different source codes when at least one code is not 1, 6, 12, or 13		0.07	0.8			9/1/2002
Ash	0.5	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		0.37	0.6			9/1/2002
Carbohydrate, by difference	3.89	g	Calculated						8/1/2010
Fiber, total dietary	1.2	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		0.7	2			9/1/2002
Sugars, total including NLEA	2.63	g	Calculated						8/1/2010
Sucrose	0	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		0	0.02			9/1/2002
Glucose	1.25	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		0.49	2.67			9/1/2002
Fructose	1.37	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		1.1	2.32			9/1/2002
Lactose	0	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		0	0			9/1/2002
Maltose	0	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		0	0			9/1/2002
Galactose	0	g	Analytical	4	0	0			9/1/2002
Starch	0	g	Analytical	4	0	0			9/1/2002
Calcium, Ca	10	mg	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		7	18			9/1/2002
Iron, Fe	0.27	mg	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		0.14	0.79			9/1/2002
Magnesium, Mg	11	mg	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		7	15			9/1/2002
Phosphorus, P	24	mg	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		15	37			9/1/2002
Potassium, K	237	mg	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		144	385			9/1/2002
Sodium, Na	5	mg	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		1	24			9/1/2002
Zinc, Zn	0.17	mg	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		0.05	2.42			9/1/2002
Copper, Cu	0.059	mg	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		0.012	0.134			9/1/2002
Manganese, Mn	0.114	mg	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		0.069	0.939			9/1/2002
Selenium, Se	0	µg	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		0	0.3			9/1/2002
Fluoride, F	2.3	µg	Analytical	1					2/1/2006
Vitamin C, total ascorbic acid	13.7	mg	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		7.8	19.8			6/1/2010
Thiamin	0.037	mg	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		0.02	0.06			9/1/2002
Riboflavin	0.019	mg	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		0.012	0.028			9/1/2002
Niacin	0.594	mg	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		0.445	0.819			9/1/2002
Pantothenic acid	0.089	mg	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		0.041	0.19			9/1/2002
Vitamin B-6	0.08	mg	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		0.06	0.097			9/1/2002
Folate, total	15	µg	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		1	36			9/1/2002
Folic acid	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						1/1/2001
Folate, food	15	µg	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13		1	36			8/1/2010
Folate, DFE	15	...	Calculated						8/1/2010

nutrient, DRC	13 µg	Calculated					9/1/2010
Choline, total	6.7 mg						3/1/2006
Betaine	0.1 mg	Analytical		2	0.1	0.1	3/1/2006
Vitamin B-12	0 µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)					8/1/1984
Vitamin B-12, added	0 µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)					9/1/2004
Vitamin A, RAE	42 µg						8/1/2010
Retinol	0 µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)					6/1/2002
Carotene, beta	449 µg	Analytical		70	184	572	9/1/2002
Carotene, alpha	101 µg	Analytical		66	0	112	9/1/2002
Cryptoxanthin, beta	0 µg	Analytical		10	0	0	9/1/2002
Vitamin A, IU	833 IU						8/1/2010
Lycopene	2570 µg	Analytical		13	1140	3420	6/1/2003
Lutein + zeaxanthin	123 µg	Analytical		10	98	138	9/1/2002
Vitamin E (alpha-tocopherol)	0.54 mg	Aggregated data involving combinations of data with different source codes when at least one code is not 1, 6, 12, or 13			0.05	1.02	9/1/2002
Vitamin E, added	0 mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)					9/1/2004
Tocopherol, beta	0.01 mg	Aggregated data involving combinations of data with different source codes when at least one code is not 1, 6, 12, or 13			0	0.01	9/1/2002
Tocopherol, gamma	0.12 mg	Aggregated data involving combinations of data with different source codes when at least one code is not 1, 6, 12, or 13			0.01	0.24	9/1/2002
Tocopherol, delta	0 mg	Aggregated data involving combinations of data with different source codes when at least one code is not 1, 6, 12, or 13			0	0.01	9/1/2002
Tocotrienol, alpha	0.01 mg	Aggregated data involving combinations of data with different source codes when at least one code is not 1, 6, 12, or 13			0	0.04	9/1/2002
Tocotrienol, beta	0 mg	Aggregated data involving combinations of data with different source codes when at least one code is not 1, 6, 12, or 13			0	0	9/1/2002
Tocotrienol, gamma	0 mg	Aggregated data involving combinations of data with different source codes when at least one code is not 1, 6, 12, or 13			0	0	9/1/2002
Tocotrienol, delta	0 mg	Aggregated data involving combinations of data with different source codes when at least one code is not 1, 6, 12, or 13			0	0	9/1/2002
Vitamin D (D2 + D3), International Units	0 IU	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)					2/1/2009
Vitamin D (D2 + D3)	0 µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)					11/1/2008
Vitamin K (phylloquinone)	7.9 µg	Aggregated data involving combinations of data with different source codes when at least one code is not 1, 6, 12, or 13		2.2	60		9/1/2002
Vitamin K (Dihydrophylloquinone)	0 µg	Analytical		8	0	0	9/1/2002
Fatty acids, total saturated	0.028 g	Calculated					8/1/2010
SFA 4:0	0 g						3/1/2006
SFA 6:0	0 g						3/1/2006
SFA 8:0	0 g						3/1/2006
SFA 10:0	0 g						3/1/2006
SFA 12:0	0 g						3/1/2006
SFA 14:0	0 g						3/1/2006
SFA 16:0	0.02 g						8/1/2010
SFA 18:0	0.008 g						8/1/2010
Fatty acids, total monounsaturated	0.031 g	Calculated					8/1/2010
MUFA 16:1	0.001 g						8/1/2010
MUFA 18:1	0.03 g						8/1/2010
MUFA 20:1	0 g						3/1/2006
MUFA 22:1	0 g						3/1/2006
Fatty acids, total polyunsaturated	0.083 g	Calculated					8/1/2010
PUFA 18:2	0.08 g						8/1/2010
PUFA 18:3	0.003 g						8/1/2010
PUFA 18:4	0 g						3/1/2006
PUFA 20:4	0 g						3/1/2006
PUFA 20:5 n-3 (EPA)	0 g						3/1/2006
PUFA 22:5 n-3 (DPA)	0 g						3/1/2006
PUFA 22:6 n-3 (DHA)	0 g						3/1/2006
Fatty acids, total trans	0 g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)					3/1/2016

Cholesterol	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)	8/1/1984
Tryptophan	0.006	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13	3/1/2006
Threonine	0.027	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13	3/1/2006
Isoleucine	0.018	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13	3/1/2006
Leucine	0.025	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13	3/1/2006
Lysine	0.027	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13	3/1/2006
Methionine	0.006	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13	3/1/2006
Cystine	0.009	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13	3/1/2006
Phenylalanine	0.027	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13	8/1/2010
Tyrosine	0.014	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13	3/1/2006
Valine	0.018	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13	3/1/2006
Arginine	0.021	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13	3/1/2006
Histidine	0.014	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13	3/1/2006
Alanine	0.027	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13	3/1/2006
Aspartic acid	0.135	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13	3/1/2006
Glutamic acid	0.431	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13	3/1/2006
Glycine	0.019	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13	3/1/2006
Proline	0.015	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13	3/1/2006
Serine	0.026	g	Aggregated data involving combinations of data with only source codes 1 and 12 and/or 13	3/1/2006
Alcohol, ethyl	0	g		4/1/1985
Caffeine	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)	9/1/2002
Theobromine	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)	9/1/2002

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