Tomato

<https://en.wikipedia.org/wiki/Tomato>

<https://www.britannica.com/plant/tomato>

- good source of vitamin C

- Takes around 40 to 50 days to bear fruit once planted

- Caprese salad recipe <https://www.foodnetwork.com/recipes/rachael-ray/caprese-salad-recipe-1939232>

- Are fruits and botanically classified as a berry but commonly used as a vegetable. They can be both eaten raw and cooked.

-Originated in western South America and Central America

**What are tomatoes?**

- Tomatoes are dicots

- In culinary terms it used as a vegetable. However, the fruit of a tomato plant is classified botanically as a berry.

- Tomatoes are often red but can also be orange, yellow, green, and even purple.

**Where do Tomatoes come from?**

- Originated in western South America and Central America

- The Spanish first introduced tomatoes to Europe.

- Originally grown as an ornamental plant

- Currently grown

## Nutrition

## https://www.medicalnewstoday.com/articles/273031#nutrition

Tomatoes are packed with nutrients.

One cup of chopped or sliced raw tomatoes [contains](https://ndb.nal.usda.gov/ndb/foods/show/3223?fgcd=&manu=&lfacet=&format=&count=&max=50&offset=&sort=default%E2%84%B4=asc&qlookup=raw+tomato&ds=&qt=&qp=&qa=&qn=&q=&ing=):

* 32 [calories](https://www.medicalnewstoday.com/articles/245588.php) (kcal)
* 170.14 g of water
* 1.58 g of protein
* 2.2 g of fiber
* 5.8 g of [carbohydrate](https://www.medicalnewstoday.com/articles/161547.php)
* 0 g [cholesterol](https://www.medicalnewstoday.com/articles/9152.php)

Tomatoes also have a wealth of vitamin and mineral content, including:

* 18 mg of [calcium](https://www.medicalnewstoday.com/articles/248958.php)
* 427 mg of potassium
* 43 mg of phosphorus
* 24.7 mg of vitamin C
* 1499 international units (IU) of vitamin A

Tomatoes also contain a wide array of beneficial nutrients and antioxidants, [including](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3972926/):

* alpha-lipoic acid
* lycopene
* choline
* folic acid
* beta-carotene
* lutein

**What can tomatoes be used for?**

-Tomatoes are commonly both raw and cooked. It is used in a variety of condiments and sauces such as marinara and ketchup. It can be juiced, canned, pureed, made into paste, and sun-dried.