



Harvest of the Month

Tomatoes

Nutrition Facts

Serving Size: 1 cup, chopped, red tomato (180g)

Calories 32

Calories from Fat 3

	% Daily Value
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 9mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	9%
Sugars 5g	
Protein 2g	
Vitamin A 30%	Calcium 2%
Vitamin C 38%	Iron 3%

Source: www.nutritiondata.com

