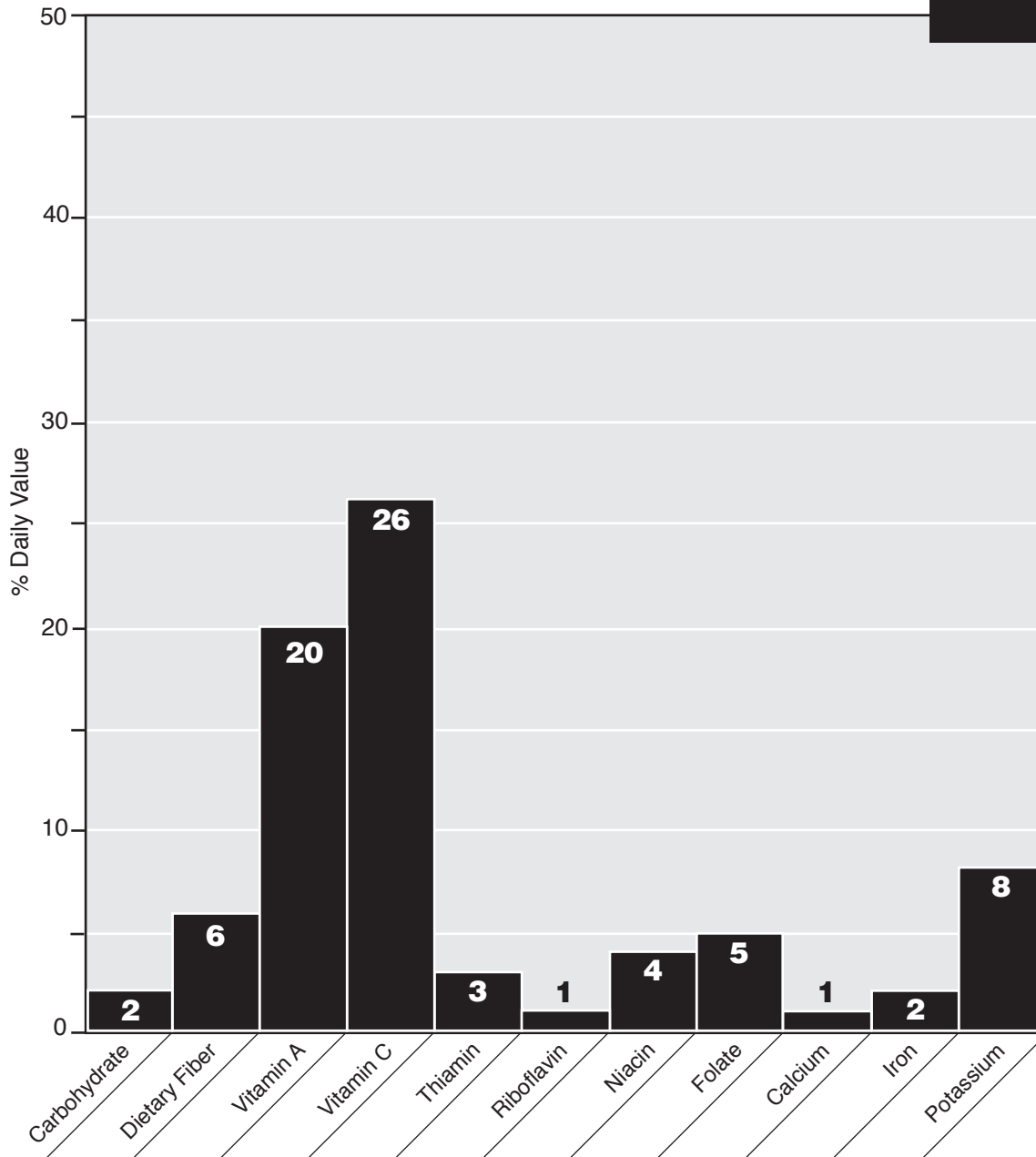


Tomato

Solanaceae *Solanum lycopersicum*

(analysis based on *unpeeled* raw red tomato, year-round average)

Pictured from top: green, red salad, red Italian, red cherry, yellow pear tomatoes



Serving Size

- 1 Medium Salad Tomato
- 122 Grams
- 22 Calories
 - 9% from fat
 - 12% from protein
 - 78% from carbohydrate
- 1 Gram Protein
- 5 Grams Carbohydrate
 - 2 grams dietary fiber
- 0.2 Gram Fat
- 115 Grams Water
- 6 Milligrams Sodium

