

Basic Report 11954, Tomatillos, raw

Report Date: September 15, 2019 15:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 medium 34g	0.5 cup, chopped or diced 66g
Proximates				
Water	g	91.63	31.15	60.48
Energy	kcal	32	11	21
Protein	g	0.96	0.33	0.63
Total lipid (fat)	g	1.02	0.35	0.67
Carbohydrate, by difference	g	5.84	1.99	3.85
Fiber, total dietary	g	1.9	0.6	1.3
Sugars, total	g	3.93	1.34	2.59
Minerals				
Calcium, Ca	mg	7	2	5
Iron, Fe	mg	0.62	0.21	0.41
Magnesium, Mg	mg	20	7	13
Phosphorus, P	mg	39	13	26
Potassium, K	mg	268	91	177
Sodium, Na	mg	1	0	1
Zinc, Zn	mg	0.22	0.07	0.15
Vitamins				
Vitamin C, total ascorbic acid	mg	11.7	4.0	7.7
Thiamin	mg	0.044	0.015	0.029
Riboflavin	mg	0.035	0.012	0.023
Niacin	mg	1.850	0.629	1.221
Vitamin B-6	mg	0.056	0.019	0.037
Folate, DFE	µg	7	2	5
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	6	2	4
Vitamin A, IU	IU	114	39	75
Vitamin E (alpha-tocopherol)	mg	0.38	0.13	0.25

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	10.1	3.4	6.7
Lipids				
Fatty acids, total saturated	g	0.139	0.047	0.092
Fatty acids, total monounsaturated	g	0.155	0.053	0.102
Fatty acids, total polyunsaturated	g	0.417	0.142	0.275
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0