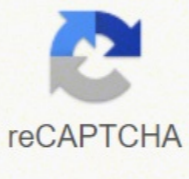




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Nutritional information large tomato



Nutrition Facts	
Tomatoes, red, ripe, raw	
Serving Size 149g	
Calories	27
Water	141g
Total Fat	0g
Cholesterol	0mg
Vitamin A	1241IU
Vitamin C	18.9mg
Vitamin K	11.8mcg



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An antioxidant that often gives foods a yellow or orange hue, beta carotene is converted into vitamin A in your body.Naringenin. Other foods in your diet may have a strong effect on lycopene absorption. Written by Adda Bjarnadóttir, MS, RDN (Ice) on March 25, 2019The tomato (Solanum lycopersicum) is a fruit from the nightshade family native to South America.Despite botanically being a fruit, iteÄÄÄs generally eaten and prepared like a vegetable.Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer.They are also a great source of vitamin C, potassium, folate, and vitamin K.Usually red when mature, tomatoes can also come in a variety of colors, including yellow, orange, green, and purple. This may lead to less flavor development, resulting in bland tomatoes.Tomatoes are generally well tolerated and tomato allergy is very rare (47, 48).AllergyAlthough tomato allergy is rare, individuals allergic to grass pollen are more likely to be allergic to tomatoes.This condition is called pollen-food allergy syndrome or oral-allergy syndrome (49).In oral-allergy syndrome, your immune system attacks fruit and vegetable proteins that are similar to pollen, which leads to allergic reactions like itching in the mouth, scratchy throat, or swelling of the mouth or throat (50).People with latex allergy can also experience cross-reactivity to tomatoes (51, 52).SUMMARY Tomatoes are generally well tolerated but may cause allergic reactions in people allergic to grass pollen. Just make sure to check them daily for Tomatoes are often harvested while still green and immature, then ripened artificially with ethylene gas. This vitamin is an essential nutrient and antioxidant. A powerful antioxidant compound, chlorogenic acid may lower blood pressure in people with elevated levels (13, 14).Chlorophylls and carotenoids like lycopene are responsible for the rich color of tomatoes.When the ripening process starts, the chlorophyll (green) is degraded and carotenoids (red) are synthesized (15, 16).LycopeneLycopene eÄÄÄ the most abundant carotenoid in ripened tomatoes eÄÄÄÄ is particularly noteworthy when it comes to the fruiteÄÄÄs plant compounds.IteÄÄÄÄs found in the highest concentrations in the skin (17, 18).Generally, the redder the tomato, the more lycopene it has (19).Tomato products eÄÄÄÄ such as ketchup, tomato juice, tomato paste, and tomato sauces eÄÄÄÄ are the richest dietary sources of lycopene in the Western diet, providing over 80% of dietary lycopene in the United States (20, 21).Gram for gram, the amount of lycopene in processed tomato products is often much higher than in fresh tomatoes (22, 23).For example, ketchup boasts 10eÄÄÄÄ14 mg of lycopene per 3.5 ounces (100 grams), while one small, fresh tomato (100 grams) holds only 1eÄÄÄÄ8 mg (24).However, keep in mind that ketchup is often consumed in very small amounts. The numbers in the parentheses (1, 2, 3) are clickable links to peer-reviewed scientific papers. Consuming this plant compound with a source of fat can increase absorption by up to four times (25).However, not everyone absorbs lycopene at the same rate (26).Even though processed tomato products are higher in lycopene, iteÄÄÄÄs still recommended to consume fresh, whole tomatoes whenever possible.SUMMARY Lycopene is one of the most abundant plant compounds in tomatoes. What'eÄÄÄÄs more, many subspecies of tomatoes exist with different shapes and flavor.This article tells you everything you need to know about tomatoes.Share on The water content of tomatoes is about 95%. One of the B vitamins, folate is important for normal tissue growth and cell function. The other 5% consists mainly of carbohydrates and fiber. Nutrients are found in a small raw tomato (1): calories: 18 water: 95% protein: 0.9 gramscarbs: 3.9 gramssugar: 2.6 gramsfiber: 1.2 gramsfat: 0.2 Gramscarbscarbs comprise 4% of raw tomatoes, which are equivalent to less than 5 grams of carbohydrates for one medium specimen (123 grams). Sugars, such as glucose and fructose, account for almost 70% of the carbohydrate content. Fibertomatoes are a good source of fiber, providing about 1.5 grams per average-sized tomato. Most of the fibres (87%) in tomatoes are insoluble, in the form of hemicellulose, cellulose and lignin (2). Fresh tomatoes. They are low in carbs. These fruits are composed mostly of water. Tomatoes are a good source of several vitamins and minerals: Vitamin C also known as Phylloquinone, Vitamin K is important for blood clotting and bone health (4, 5).folate (vitamin B9). Therefore, it may be easier to increase your lycopene intake by eating unprocessed tomatoes, which also have much less sugar than ketchup. Tomatoes are juicy and sweet, full of antioxidants, and can help fight various diseases. They are especially high in lycopene, a plant compound linked to the improvement of heart health, cancer prevention and protection against sunburn. Lostomatoes can be a valuable part of a healthy diet. This article is based on scientific evidence, written by experts and facts reviewed by experts. Our team of licensed nutritionists and dietitians strive to be objective, impartial, honest and present both sides of the This article contains scientific references. An essential mineral, potassium is beneficial for the control of arterial pressure and the prevention of cardiac disease (3). Vitamin K1. A medium size tomato can provide approximately 28% of the daily reference intake (RDI) .potassium. 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Snrubnus TSNIAGA TCETORP YAM TI SA, HTLAEH NIKS ROF LAICIFENEB OSLA SI TIURF SIHT .SREBIF ELBULOSNI DNA Sragus ELPMIS FO YLNIAM STSISNOC TNETNOC BRAC EHT .ENETORAC ATEB.) 11 (STCEFFE HTLAEH LAICIFENEB STI ROF Deiduts Ylevis Netxe neb sah

tomato, (Solanum lycopersicum), flowering plant of the nightshade family (), cultivated extensively for its edible fruits. Labelled as a vegetable for nutritional purposes, tomatoes are a good source of vitamin C and the phytochemical lycopene.The fruits are commonly eaten raw in salads, served as a cooked vegetable, used as an ingredient of various prepared dishes, and pickled. Palm trees grown in the landscape appear carefree, but they are susceptible to many diseases, insects, and nutritional problems. Avoid many of these problems by following the recommended cultural practices that help keep plants healthy and vigorous. More information on how to grow outdoor palms successfully is that provided in HGIC 1019, Palms & Cycads. 05/01/2022 - Bucknell Study: Bush Tomato Fools Bees With 'Fake' Female Pollen January 5, 2022. by Mike Ferlazzo. ... What they have learned is that the female pollen has less nutritional reward for the bee, and yet they somehow manage to lure bees in for pollination anyway. One working hypothesis is that because most of the pollen the adult female bees ... Find deals, coupons, and specials on Snappy Tomato Pizza delivery, carry out, and dine in. Available at participating locations only. 16/06/2021 · Tomato Calories. The calories in tomatoes differ on the basis of their variety. A 100 g of raw green tomato has about 23 calories whereas a 100 g of orange raw tomato contains 16 calories. Many people also used canned tomato puree or juice, so the calorie count in these versions can be a bit more as there are preservatives in them. [4] [5] 31/08/2020 · To make the chicken pasta recipe with tomato and spinach: Cook pasta according to package instructions, until al dente. Drain pasta, keeping 1/2 cup of the pasta water for later. 2. Add 2 tablespoons butter or olive oil to a large skillet, on medium-low heat. 17/06/2020 · For a semi-homemade layer cake, combine boxed spice cake mix (1 box, about 15-ounces), with the soup, eggs, and 1/2 cup milk.Bake in two greased and floured (8-inch) baking pans for 25 minutes or until a toothpick inserted in the center comes out clean.Frost with a a 16-ounce container of store-bought cream cheese frosting. For classic 2-layer cake: Divide the ...

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