



AA TOMATOES GRAPE, FRESH

**Nutrition Facts**

Serving Size: 1/2 CUP  
Serving per Container: 1

Amount Per Serving

Calories: 19 Calories from Fat 2

% Daily Value<sup>2</sup>

<b>Total Fat</b> 0.2g	0%
Saturated Fat 0.0g	0%
Trans Fat <sup>1</sup> 0.0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrate</b> 4.1g	1%
Dietary Fiber 1.3g	4%
Sugars 2.8g	
<b>Protein</b> 0.9g	2%

Vitamin A 18% Vitamin C 24%  
Calcium 1% Iron 2%



<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

<sup>2</sup> - Percent Daily Values are based on a 2,000 calorie diet.

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

**Allergens**

Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
NO	NO	NO	NO	NO	NO	NO	NO

YES = Present NO = Absent ? = Undefined

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



Nutrient	Unit	1 Value Per100 g	1 cup cherry tomatoes 149g	1 cup, chopped or sliced 180g	1 Italian tomato 62g	1 cherry 17g	1 large whole (3" dia) 182g	1 medium whole (2-3/5" dia) 123g	1 slice, medium (1/4" thick) 20g	1 plum tomato 62g	1 small whole (2-2/5" dia) 91g	1 slice, thick/large (1/2" thick) 27g	1 wedge (1/4 of medium tomato) 31g	1 slice, thin/small 15g	1 NLEA serving 148g
Vitamin A, RAE	µg	42	63	76	26	7	76	52	8	26	38	11	13	6	62
Vitamin A, IU	IU	833	1241	1499	516	142	1516	1025	167	516	758	225	258	125	1233
Vitamin E (alpha-tocopherol)	mg	0.54	0.80	0.97	0.33	0.09	0.98	0.66	0.11	0.33	0.49	0.15	0.17	0.08	0.80
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	7.9	11.8	14.2	4.9	1.3	14.4	9.7	1.6	4.9	7.2	2.1	2.4	1.2	11.7
<b>Lipids</b>															
Fatty acids, total saturated	g	0.028	0.042	0.050	0.017	0.005	0.051	0.034	0.006	0.017	0.025	0.008	0.009	0.004	0.041
Fatty acids, total monounsaturated	g	0.031	0.046	0.056	0.019	0.005	0.056	0.038	0.006	0.019	0.028	0.008	0.010	0.005	0.046
Fatty acids, total polyunsaturated	g	0.083	0.124	0.149	0.051	0.014	0.151	0.102	0.017	0.051	0.076	0.022	0.026	0.012	0.123
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Amino Acids</b>															
<b>Other</b>															
Caffeine	mg	0	0	0	0	0	0	0	0	0	0	0	0	0	0