



# Nutritional Fact Sheet

## Tomato Dices

**Ingredients:** Dehydrated Tomatoes.

**Description & Directions:** Fresh, mature, tomatoes are washed, trimmed, diced, and dried to specifications. Rehydrate in boiling water for 3-5 minutes, or in cold water for 1-2 hours. Use 2 parts water to 1 part product. Rehydration ratio is about 1:4.

**Storage & Shelf-life:** Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

<b>Nutrient</b>	<b>Per 100 grams dry</b>	<b>14g (app. 1/4 cup)</b>
Energy (Calories)	301	42.14
Total Fat	3.32g	0.4648g
Saturated Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	126mg	17.64mg
Total Carbohydrates	68.53g	9.5942g
Dietary Fiber	7.42g	1.0388g
Sugars	43g	6.02g
Protein	14.05g	1.967g
Vitamin A (IU)	1789	250.46
Thaimin-B1	0.95mg	0.133mg
Riboflavin	0.79mg	0.1106mg
Niacin	9.47mg	1.3258mg
Vitamin B-6	0.76mg	0.1064mg
Vitamin C	227.9mg	31.906mg
Calcium	111mg	15.54mg
Iron	7.58mg	1.0612mg
Phosphorus	363mg	50.82mg
Potassium	3269mg	457.66mg

Plant Location: 806 Rivit Street, Greenville, NC 27834

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