



## 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.

Nutrient	Per 100 Grams Dry
Calories	302.00 kcal
Protein	12.91 g
Total Carbohydrate	74.68 g
Sugars	43.9 g
Added Sugars	0.00 g
Dietary Fiber	16.5 g
Total Fat	0.44 g
Saturated Fat	0.06 g
Cholesterol	0.00 mg
Thiamin – B1	0.91 mg
Riboflavin – B2	0.76 mg
Niacin – B3	9.13 mg
Vitamin B6	0.46 mg
Vitamin C	116.70 mg
Vitamin D	0.00 mcg
Calcium	166.00 mg
Iron	4.56 mg
Phosphorus	295.00 mg
Potassium	1927.00 mg
Sodium	134.00 mg
Trans Fat	0.00 g