



# 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)	301.00	42.14
Total Fat	3.32g	0.46g
Saturated Fat	0.00g	0.00g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	126.00mg	17.64mg
Total Carbohydrates	68.53g	9.59g
Dietary Fiber	7.42g	1.04g
Sugars	43.00g	6.02g
Protein	14.05g	1.97g
Vitamin A (IU)	1789.00	250.46
Thaimin-B1	0.95mg	0.13mg
Riboflavin	0.79mg	0.11mg
Niacin	9.47mg	1.33mg
Vitamin B-6	0.76mg	0.11mg
Vitamin C	227.90mg	31.91mg
Calcium	111.00mg	15.54mg
Iron	7.58mg	1.06mg
Phosphorus	363.00mg	50.82mg
Potassium	3269.00mg	457.66mg

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