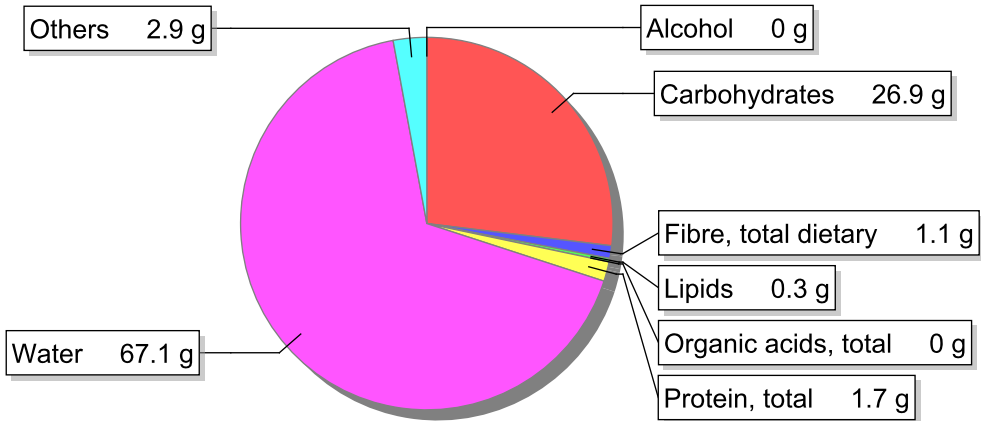


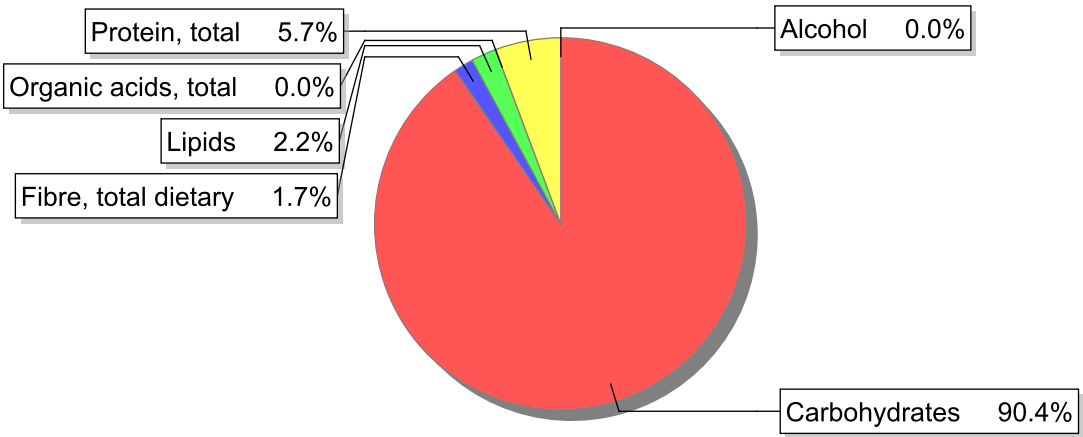
Food

Name: Ketchup, tomato
Group: Soups, sauces and miscellaneous foods
Subgroup: Sauces
Edible Part: 100%
Code: IS960
FoodEX2 Code: A044P

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	119	kcal	
energy kJ, total metabolisable	506	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	25.8	g	
sucrose	13.9	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.1	g	
protein, total	1.7	g	
alcohol	0	g	
water	67.1	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	90	µg	
carotene, total (vitamin A precursors)	537	µg	
vitamin D	0	µg	
alpha-tocopherol	1.5	mg	
thiamin	0.06	mg	
riboflavin	0.06	mg	
niacin, preformed	1.3	mg	
niacin equivalents, total	1.5	mg	
niacin equivalents from tryptophan	0.2	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	0	µg	
vitamin C	11	mg	
folate, total	8	µg	
ash	2.90	g	
sodium	1230	mg	
potassium	410	mg	
calcium	13	mg	
phosphorus	30	mg	
magnesium	19	mg	
iron, total	0.7	mg	
zinc	0.2	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References