

## Health benefits of Tomato

- Tomatoes are one of the low-calorie vegetables; have zero cholesterol levels.
- An excellent sources of antioxidants, dietary fiber, minerals, and vitamins
- **Zea-xanthin** is another flavonoid compound present abundantly in this vegetable.
- It contains very good levels of vitamin A, and flavonoid anti-oxidants such as a and  $\beta$ -carotenes, xanthin
- Additionally, they are also good source of antioxidant **vitamin-C**
- Fresh tomato is very rich in potassium.
- Further, they carry average levels of vital B-complex

Principle	Nutrient Value	Percentage of RDA
Energy	18 Kcal	1%
Carbohydrates	3.9 g	3%
Protein	0.9 g	1.6%
Total Fat	0.2 g	0.7%
Cholesterol	0 mg	0%
Dietary Fiber	1.2 g	3%
Vitamin A	833 IU	28%
Vitamin C	13 mg	21.5%
Vitamin E	0.54 mg	4%
Vitamin K	7.9 $\mu$ g	6.5%
Calcium	10 mg	1%
Iron	0.3 mg	4%
Magnesium	11 mg	3%
Manganese	0.15 mg	6.5%
Phosphorus	24 mg	3%
Zinc	0.17 mg	1.5%