

GRAPE TOMATO MEDLEY



Originally developed in the 1990's, these tiny tomatoes have become popular because of their sweetness and one-bite size.

PRODUCE PARTICULARS

Grape tomatoes often grow in large bunches of around 20 fruits!

Grape tomatoes contain a great amount of Vitamin C and a good amount of Vitamin A.

Most of the Vitamin A in grape tomatoes comes from lycopene, which is the pigment in the tiny tomato responsible for its bright red color.



Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	20
	% Daily Value *
Total Fat 0g	0%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber	1g 4%
Total Sugars	3g
Includes Added Sugars	0g 0%
Protein 1g	
Vitamin D	0mcg 0%
Calcium	10mg 0%
Iron	0.3mg 2%
Potassium	240mg 6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat	9
Carbohydrate	4
Protein	4