



# ROMA TOMATOES



## Fresh Facts

Roma's are thick-walled, meaty, egg shaped tomatoes. They contain fewer seeds and less moisture than other varieties and are perfect for cooking down into thick pasta sauces. Used widely in Italian cuisine, cooking these tomatoes intensifies the flavor. They're also great for soups and canning.

Tomatoes are loaded with antioxidants and vitamins, and are a tasty way to stay healthy. Loaded with Lycopene, a vital antioxidant that eliminates free radicals from the body, Roma Tomatoes bring incredible flavor and nutrition to any meal. With that fresh from the garden taste, eating well never tasted so good.

### Roma Tomatoes

#### Nutrition Facts Valeur nutritive

Serving Size: 1 medium Roma tomato

##### Amount Per Serving

Calories 35

Calories from Fat 9

% Daily Value\*

<b>Total Fat</b> 1	1%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrate</b> 7g	2%
Dietary Fiber 1g	4%
Sugars 6g	
<b>Protein</b> 1g	2%

Vitamin A 20%	Vitamin C 40%
Calcium 1%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: PMA's Labeling Facts



Rooted in Freshness®