Grape Tomatoes

Nutrition Facts

Serving Size 1 cup cherry tomatoes 149g (149 g)

Amount Per Serving	
Calories 27	Calories from Fat 2
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 1g	

Vitamin A	25%	• Vitamin C	32%
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:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Fun Facts:

* Did you know that Tomatoes are actually fruit and not vegetables!

* Tomatoes are native to South America, and were first cultivated in Mexico.

* Columbus brought tomatoes back to Europe from the new world!

* Tomatoes are in the nightshade family, along with eggplant, potatoes, red peppers and more!

* Green tomatoes will ripen at room temperature to a sweet, ripe, juicy red, in most cases!

Varieties: Grape tomatoes are small, "Grape-shaped" tomatoes that are in in the same family as the tiny pear tomatoes as well as Cherry tomatoes. They are generally more sweet, and vibrantly colored than most larger varieties and are typically halved or enjoyed whole!

Selection: Grape tomatoes are generally ready to enjoy. Due to packaging and their delicate nature, Grape tomatoes are generally left on the vine longer, to ripen. Choose fruit that are true to their color and showing no signs of moisture in the packaging, mold or shriveling

Storage and Handling: You can ripen Grape tomatoes a touch, if needed, at room temperature, but should actually be refrigerated and enjoyed ASAP, due to their pre-ripened nature! Wash before using!

Nutritional Benefits: Tomatoes are an excellent source of Vitamin A, Vitamin C, Fiber and the cancer-fighting anti-oxidant lycopene. Canned or jarred tomatoes are also high nutritious!

Easy Ways To Enjoy Grape Tomatoes

* Being one of the sweetest commercially available varieties, Grape tomatoes are one of the best tomatoes to enjoy raw. Just simply twist off the stem, was well and pop them in your mouth! Great with dip or tossed with baby mozzarella balls and pesto. YUM!

* Grape tomatoes are great for serving to a crowd, where, if left whole, in a salad or antipasto, can be picked out of a dish by non-tomato fans!

* For roasted Grape tomatoes, simply de-stem, halve or leave whole, toss with olive oil, salt and pepper and roast in a hot oven until golden and juicy.

* Add halved tomatoes to any savory dish, for a blast of sweet, juicy tang, color and texture.