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## Green Tomato: Nutrition, Selection and Storage

### Did you Know....

Green tomatoes have most of the same health benefits as red tomatoes, with almost the same amount of beta-carotene. Fried green tomatoes are a Southern standard, but did you realize you can also grill green tomatoes? In fact, they work much better on a grill than their red counterparts.

### How to Select Green Tomatoes

Choose firm, smooth-skinned green tomatoes free from blemishes or bruises.

### How to Store Green Tomatoes

Unripe tomatoes should be stored out of direct sunlight at room temperature until ripe for 3 or 4 days. Once ripe, tomatoes should be used within a day or two. Only refrigerate fully ripened tomatoes.

### Nutrition Benefits of Green Tomatoes

Fat free, saturated free, cholesterol free, low in sodium, an excellent source of vitamin C, and a good source of vitamins A and K

Nutrition Facts	
Serving Size 1 medium (148g)	
Servings Per Container	
Amount Per Serving	
Calories 35	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 2g	
Vitamin A 20%	Vitamin C 60%
Calcium 2%	Iron 4%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: <http://fruitsandveggiesmorematters.org/green-tomato-nutrition-selection-storage>