

Our 2013 Nutritional Study on Tomatoes

Fruit grown in California. Vit. C, IU is per 100 grams. Largest #'s highlighted yellow.

Study funded by Baker Creek Heirloom Seeds.

#1 overall

		Brix (Sugars)	Lycopene	Potassium	Acidity	Vitamin A	Vitamin C	Chlorophyll
	BLACK KRIM	7.82 brix	21.10 ppm	3424 ppm	0.57 %	606 IU	27.24 mg	---
	BLACK ICICLE	8.55 brix	14.1 ppm	3708 ppm	0.40 %	510 IU	25.39 mg	---
	CHEROKEE PURPLE	5.23 brix	7.3 ppm	1720 ppm	0.26 %	352 IU	29.83 mg	---
	INDIGO APPLE	6.70 brix	21.14 ppm	2934 ppm	0.38 %	503 IU	39.55 mg	---
	BLUSH	8.48 brix	2.14 ppm	3473 ppm	0.67 %	525 IU	14.14 mg	---
	JUBILEE ORANGE	6.03 brix	1.00 ppm	2539 ppm	0.27 %	50 IU	29.22 mg	---
	PINK BRANDYWINE	5.96 brix	3.95 ppm	2758 ppm	0.39 %	143 IU	17.99 mg	---
	MICHAEL POLLAN	5.63 brix	----- ppm	2584 ppm	0.43 %	50 IU	29.85 mg	0.10 %
	CHEROKEE GREEN	6.16 brix	----- ppm	2636 ppm	0.45 %	50 IU	17.94 mg	0.10 %
	VINE RIPE HYBRID	5.36 brix	6.6 ppm	2712 ppm	0.32 %	231 IU	18.69 mg	---