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web tomato solanum lycopersicum flowering plant of the nightshade family solanaceae cultivated extensively for its edible fruits labelled as a vegetable for nutritional purposes tomatoes are a good source of vitamin c and the phytochemical lycopene web sep 30 2022 one small tomato 91g provides 16 calories 73 of which come from carbs 18 from protein and 9 from fat summary tomatoes are a low calorie low fat hydrating fruit with a low glycemic index tomatoes are high in vitamin c vitamin k and potassium health benefits tomatoes offer several health benefits related to their web the

tomato is the edible berry of the plant solanum lycopersicum commonly known as the tomato plant the species originated in western south america mexico and central america the mexican nahuatl word tomatl gave rise to the spanish word tomate from which the english word tomato derived web tomato solanum lycopersicum is a commonly eaten fruit that grows on a vine it contains many nutrients including an antioxidant called lycopene the lycopene in tomato is thought to play a web oct 17 2018 tomatoes are botanically defined as fruits because they form from a flower and contain seeds still they re most often utilized like a vegetable in cooking in fact the us supreme court ruled in web 1 the usually large rounded edible pulpy berry of an herb genus solanum of the nightshade family native to south america that is typically red but may be yellow orange green or purplish in color and is eaten raw or cooked as a vegetable 2 a plant that produces tomatoes web tomato lycopersicum esculentum syn solanum lycopersicum and lycopersicon lycopersicum is an herbaceous annual in the family solanaceae grown for its edible fruit the plant can be erect with short stems or vine like with long spreading stems web nov 16 2021 getting more tomatoes into your diet may make you less likely to have a stroke which is when blood flow gets cut off

to a part of your brain studies suggest that they may ease inflammation boost web jul 9 2021 at snack time you can t beat a perfectly ripe tomato simply sliced into wedges and sprinkled with a little sea salt and when dinner rolls around we consult this list of best fresh tomato recipes here are some of our must have recipes when tomatoes are at web dec 29 2021 tomatoes are long season heat loving plants that won t tolerate frost so wait until the weather has warmed up in the spring see our planting calendar for when to start tomatoes in your location if you are starting tomatoes from seed sow indoors 6 weeks before the last expected spring frost date in your area

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