

treat acne.

Tomatoes are low in calories - **only 18 per 100g**. They provide about 1g of protein per 100g, are full of water and are therefore an effective **diuretic**, if eaten raw and without salt. **Tomatoes have a very special characteristic: cooking improves the bioavailability of lycopene** and enhances their antioxidant effects. Kids can snack on a delicious tuna and tomato sandwich and tomato juice. Remember: tomatoes must be properly red and ripe; otherwise, they do not contain lycopene - that is so beneficial. Try this tasty recipe:

Smoked herring with roasted pepper and canned organic whole peeled tomato sauce

<https://redgoldfromeurope.eu/recipes/smoked-herring-with-roasted-pepper-and-canned-organic-whole-peeled-tomato-sauce/>

Find out more on <https://redgoldfromeurope.dk>

Follow us on:

Facebook: <https://www.facebook.com/redgoldfromeuropedk>

Instagram: <https://www.instagram.com/redgoldfromeuropedk>

YouTube: <https://www.youtube.com/@redgoldfromeuropedk>




Photo -

https://mma.prnewswire.com/media/2555100/Smoked_herring_with_roasted_pepper_and_canned_organic_whole_peeled_tomato_sauce.jpg
















Logo - https://mma.prnewswire.com/media/2186814/Visual_ORG.jpg

Logo - https://mma.prnewswire.com/media/2186818/Footer_DK.jpg

Cision View original content:<https://www.prnewswire.co.uk/news-releases/tomatoes--the-elixir-of-youth-the-virtues-of-lycopene-illustrated-by-the-red-gold-tomatoes-from-europe-project-promoted-by-anicav-302302507.html>

Copyright 2024 PR Newswire

Your Recent History

AMEX	USOTC	NASDAQ
 SPY SPDR S&P 500	 NLST Netlist (QB)	 MULN Mullen Automotive
Chart 	Chart 	Chart 
Level 2 	Level 2 	Level 2 
Trades 	Trades 	Trades 
News 	News 	News 



It looks like you are not logged in. Click the button below to log in and keep track of your recent history.