

# DAILY BEAUTY™

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tomato, packing 45 percent of your daily value (DV) of vitamin A versus 15-20 percent, and two grams of fiber compared with one gram, as found in regular tomatoes. Learn more at [www.dulcinea.com](http://www.dulcinea.com).

**Tags:** antioxidants, fiber, lycopene, nutrition, vitamin A, vitamin C

## A new super-antioxidant food

Posted Monday, January 22, 2007

With all the talk of antioxidants these days, and which fruits and vegetables are jam-packed with these age-defyers, its no surprise that women (and men) are stocking up on bright blueberries, leafy lettuces and ripe, red tomatoes. And just when you thought you conquered the basics of Produce 101, a new super-antioxidant food comes along. Enter Dulcinea Rosso Bruno Tomato, a vine-ripened, full-flavored tomato that changes in color from brown to green to red as it ripens. These hyper-color tomatoes, like all traditional tomatoes, are naturally low in calories, fat, cholesterol and sodium and are a good source of antioxidants, vitamins A & C and lycopene. However, Rosso Bruno tomatoes are higher in vitamin A and fiber than the standard red

 <b>ROSSO BRUNO™ PREMIUM VINE-FRESH TOMATOES</b>		
FIRM & FLAVORFUL	FIRM, JUICY & VERY FLAVORFUL	SOFT, VERY JUICY, VERY MILD FLAVOR
		
Bottom of tomato turning brown with strong green shoulders: Flavor is great at this stage and it slices beautifully.	Deep brown color with hints of green, especially near shoulders: Excellent in salads, sandwiches and other fresh ingredient uses. <b>• IDEAL EATING STAGE •</b>	Color changes from deep brown to dark red, almost no green color. The Rosso Bruno tomato is actually overripe – best for cooking.

\*A tomatoes "shoulders" refers to the top quarter of the tomato where the vine was attached.