

Sun Dried Tomatoes Fact Sheet

- Sun Dried tomatoes retain the nutritional value of fresh, delivering lycopene, antioxidants and vitamin C.
- Sun Dried tomatoes were popularized in the U.S. with the Mediterranean diet.
- Not all dried tomatoes are created equal. True sun-dried tomatoes have superior flavor and quality vs. dehydrated or oven dried.
- Dried tomatoes can be easily rehydrated for texture by soaking in water or other liquid before use.
- The intense flavor of sun-dried tomatoes makes them a great cooking ingredient for deep umami flavors.