

YELLOW GRAPE TOMATOES



Yellow tomatoes are tomatoes which have been bred to be yellow rather than the traditional red. Red grape tomatoes we have already tasted and hopefully you remember that grape tomatoes have a sweet flavor, a firm texture, and are less juice than a cherry tomato. They are great for popping whole into your mouth like candy.

Besides their color yellow tomatoes also have a slightly different nutritional profile than red tomatoes. Yellow tomatoes have less vitamin C and lycopene than red tomatoes but more niacin and folate. Additionally yellow tomatoes are lower in acid than red tomatoes.