



Food ID: A068

Food name and Description: Chips, corn, nacho cheese flvr

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	2.9
Energy, calculated (kcal)	528
Protein (g)	7.5
Total Fat (g)	30
Carbohydrate, total (g)	57.1
Ash, total (g)	2.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.9
Sugars, total (g)	0.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	135
Phosphorus, P (mg)	188
Iron, Fe (mg)	1.5
Sodium, Na (mg)	682

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	25
beta-Carotene (µg)	70
Retinol Activity Equivalent, RAE (µg)	31
Thiamin, Vitamin B1 (mg)	0.16
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	15.76
Fatty acids, monounsaturated, total (g)	8.17
Fatty acids, polyunsaturated, total(g)	3.5
Cholesterol (mg)	0