

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 8:24:28