



**Food ID:** A069

**Food name and Description:** Chips, corn, natural flvr

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	1.1
Energy, calculated (kcal)	527
Protein (g)	5.9
Total Fat (g)	29.1
Carbohydrate, total (g)	60.3
Ash, total (g)	3.6

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4
Sugars, total (g)	0.3

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	186
Phosphorus, P (mg)	151
Iron, Fe (mg)	1.9
Sodium, Na (mg)	514

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	35
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0.38
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	0

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	15.29
Fatty acids, monounsaturated, total (g)	7.93
Fatty acids, polyunsaturated, total(g)	3.4
Cholesterol (mg)	0