



Food ID: A070

Food name and Description: Chips, corn-potato based, 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)	540
Protein (g)	3.1
Total Fat (g)	33.4
Carbohydrate, total (g)	56.8
Ash, total (g)	3.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5.1
Sugars, total (g)	0.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	192
Phosphorus, P (mg)	121
Iron, Fe (mg)	1.8
Sodium, Na (mg)	453

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	6
beta-Carotene (µg)	15
Retinol Activity Equivalent, RAE (µg)	7
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	17.54
Fatty acids, monounsaturated, total (g)	9.1
Fatty acids, polyunsaturated, total(g)	3.9
Cholesterol (mg)	2