

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



Food ID: A072 Food name and Description: Chips, corn, taco flvr Scientific name: Alternate/Common name(s): Edible portion: 100%

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

Water (g)	1.8
Energy, calculated (kcal)	515
Protein (g)	6.8
Total Fat (g)	27.4
Carbohydrate, total (g)	60.2
Ash, total (g)	3.8

#### 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)	138
Phosphorus, P (mg)	160
Iron, Fe (mg)	2.2
Sodium, Na (mg)	785

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

Retinol, Vitamin A (µg)	0
beta-Carotene (μg)	95
Retinol Activity Equivalent, RAE (µg)	8
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	1.5
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g	14.39
Fatty acids, monounsaturated, total (g)	7.46
Fatty acids, polyunsaturated, total(g)	3.2
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 12:52:20